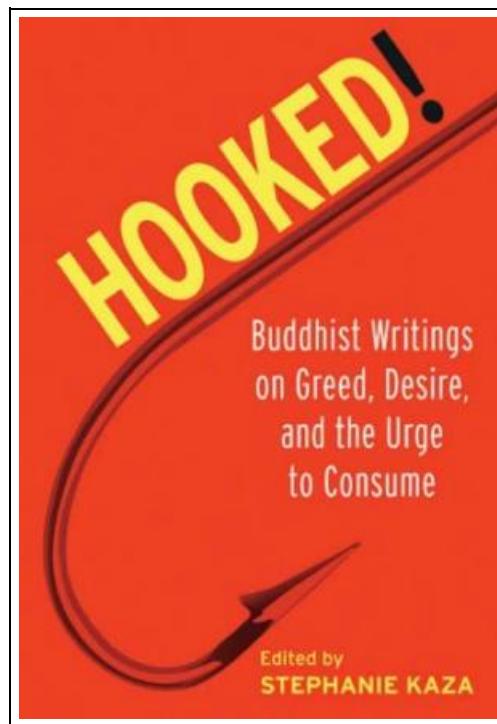


## Hooked!: Buddhist Writings on Greed, Desire, and the Urge to Consume



Filesize: 2.11 MB

### Reviews

*This publication is wonderful. I could comprehend every thing out of this published e publication. You can expect to like the way the blogger write this publication.*  
*(Eliseo Rippin)*

## HOOKED!: BUDDHIST WRITINGS ON GREED, DESIRE, AND THE URGE TO CONSUME

[DOWNLOAD](#)

Shambhala Publications Inc, United States, 2005. Paperback. Book Condition: New. 226 x 147 mm. Language: English . Brand New Book. At one time or another, most of us have experienced an all-consuming desire for a material object, a desire so strong that it seems like we couldn't possibly be happy without buying this thing. Yet, when we give in to this impulse, we often find ourselves feeling frustrated and empty. Advertisers, of course, aim to hook us in this way, and, from a global perspective, our tendency to get hooked fuels the rampant over-consumption that is having a devastating impact on the world's stability and on the environment. According to the contributors to this unique anthology, Buddhism can shed valuable light on our compulsions to consume. Craving and attachment--how they arise and how to free ourselves of them--are central themes of Buddhist thought. The writings in this volume, most of which have never been previously published, offer fresh perspectives and much-needed correctives to our society's tendency to believe that having more will make us happier. *Hooked!* includes a range of writings on how to apply Buddhist thought and ethics to understand and combat the problem of over-consumption as individuals and collectively. Contributors include popular Western teachers, Asian masters, scholars, and practitioners such as: - Pema Chodron--on what is actually happening at the moment we're hooked, and how to get beyond that. - Joseph Goldstein--on how mindfulness training can help us stop wanting to want. - Bhikshuni Thubten Chodron--on how consumer mentality influences spiritual practice. - Judith Simmer-Brown--on how cultivating spiritually based activism and compassionate action can help us address the negative effects of consumerism. - Rita Gross--on how understanding moderation can curb overconsumption. - Santikaro Bhikkhu--on practicing generosity in a consumer world.

[Read Hooked!: Buddhist Writings on Greed, Desire, and the Urge to Consume Online](#)[Download PDF Hooked!: Buddhist Writings on Greed, Desire, and the Urge to Consume](#)

## Related Books



### Harriet Tubman and the Freedom

Simon Schuster Ltd, United Kingdom, 2003. Paperback. Book Condition: New. 226 x 147 mm. Language: English . Brand New Book. Ready-to-Read Level 3 Reading Proficiently Rich vocabulary More-challenging stories Longer chapters Harriet Tubman was born...

[Read Book](#)

»



### Readers Clubhouse Set a Nick is Sick

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Carol Koeller (illustrator). 221 x 147 mm. Language: English . Brand New Book. This is volume three, Reading Level 1, in a comprehensive program...

[Read Book](#)

»



### From Kristallnacht to Israel: A Holocaust Survivor s Journey

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In the 1930s, as evil begins to envelope Europe, Karl Rothstein...

[Read Book](#)

»



### Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and...

[Read Book](#)

»



### Fox at School: Level 3

Penguin Young Readers Group, United States, 1993. Paperback. Book Condition: New. James Marshall (illustrator). Reissue. 224 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched...

[Read Book](#)

»