
"Buddhism needs writers like Lodro Rinzler to promote to new generations of suffering beings in need of enlightenment..." - Gary Daubney, Buddha Space

"A lively and engaging invitation to a new generation of seekers, offering them a needed opportunity to be themselves, to be real, and to be thoughtful about life, without taking the spiritual journey so damn seriously."-Ethan Nichtern, author of *Your Emoticons Won't Save You* and *One City*

"A wise, practical and down-to-earth presentation of the liberating teaching of Tibetan Buddhism. I highly recommend this book to everyone who is interested in transforming their lives and this world we live in. Read it, then start a revolution!"-Noah Levine, author of *Dharma Punx* and *The Heart of the Revolution*

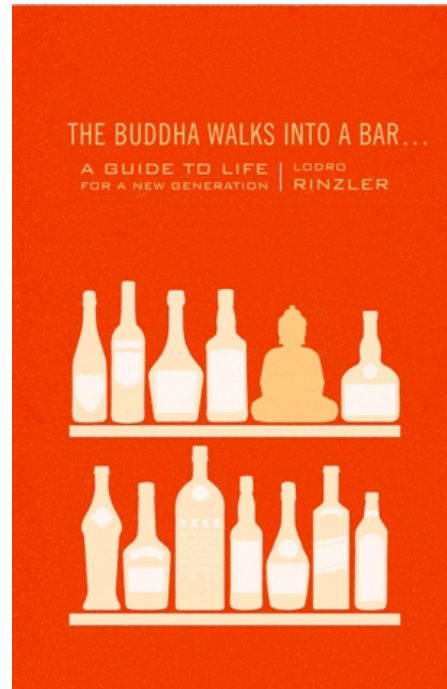
"Seriously fresh and freshly serious, this book is a terrific entry point for the young spiritual seeker."-Sumi Loundon, editor of *Blue Jean Buddha* and *The Buddha's Apprentices*

"Lodro does a wonderful job of breaking down the mysticism of Buddhism into real-world topics such as relationships, office politics, money, friends, school, and even one-night stands." -Tom Krieglstein, CEO of Swift Kick

Lodro Rinzler

Author & Meditation Teacher

Buddhism meets Bukowski



The Buddha Walks into a Bar (dist. Random House, Jan 10, 2011) is a book for those who are spiritual but not religious, who are disillusioned by the state of the world, who are sick of their jobs (and just started last Tuesday), who like drinking beer and having sex and hate being preached at, who are striving to deepen their social interactions beyond the digital realms of Twitter and Facebook. This is Buddhism presented to a generation leaving the safe growth spurts of college and entering a turbulent and uncertain work force.

This book is for the "spiritual but not religious" twenty-something looking to practice yoga then go out for a drink. In the months of December and January Lodro Rinzler will be guest bartending throughout NYC, attracting these individuals in for a free drink, a reading, signing, or intro to meditation.

Lodro Rinzler is a practitioner and teacher in the Shambhala Buddhist lineage. Over the last decade he has taught numerous workshops at meditation centers and college campuses throughout the United States. He has served as the Executive Director of the Boston Shambhala Center and currently oversees development efforts for Shambhala internationally. Lodro's column, *What Would Sid Do*, appears regularly on the Huffington Post. Lodro writes from his apartment in the East Village of New York City.

