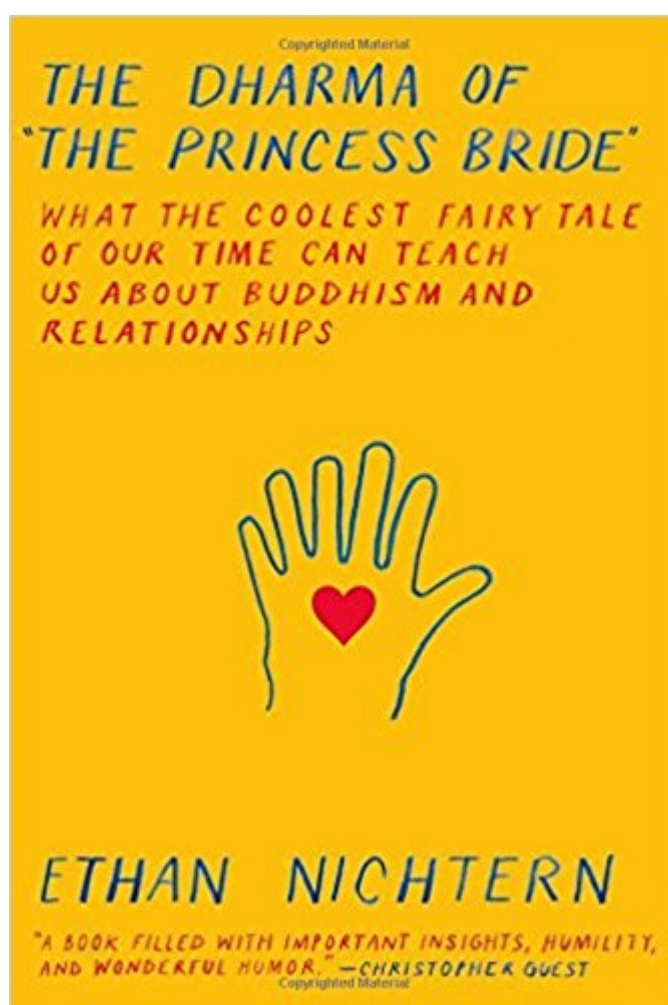


The book was found

The Dharma Of The Princess Bride: What The Coolest Fairy Tale Of Our Time Can Teach Us About Buddhism And Relationships



Synopsis

An engagingly contemporary approach to Buddhismâ through the lens of an iconic film and its memorable charactersHumorous yet spiritually rigorous, drawing from pop culture and from personal experience, *The Dharma of â œThe Princess Brideâ •* teaches us how to understand and navigate our most important personal relationships from a twenty-first-century Buddhist perspective.Friendship. Romance. Family. These are the three areas Ethan Nichtern delves into, taking as departure points the indelible charactersâ •Westley, Fezzik, Vizzini, Count Rugen, Princess Buttercup, and others from Rob Reinerâ™s perennially popular filmâ •as he also draws lessons from his own life and his work as a meditation teacher. Nichtern devotes the first section of the book to exploring the dynamics of friendship. Why do people become friends? What can we learn from the sufferings of Inigo Montoya and Fezzik? Next, he leads us through all the phases of illusion and disillusion we encounter in our romantic pursuits, providing a healthy dose of lightheartedness along the way by sharing his own Princess Buttercup List and the vicissitudes of his dating life as he ponders how we idealize and objectify romantic love. Finally, Nichtern draws upon the demands of his own family history and the filmâ™s character the Grandson to explore the dynamics of â œthe last frontier of awakening,â • a reference to his teacher Chogyam Trungpaâ™s claim that itâ™s possible to be enlightened everywhere except around your family. With *The Dharma of â œThe Princess Brideâ •* in hand, we can set out on the path to contemporary Buddhist enlightenment with the most important relationships in our lives.

Table of Contents:Introduction: Fairy Tales, the Real World, and True LovePart I THE DHARMA OF FRIENDSHIP1. Mercenaries or Besties: What Are Friends For?2. The Bad Guys: Out There vs. In Here3. Find Your Inner Fezzik: The Practice of FriendshipPart II THE DHARMA OF ROMANCE4. There Is No Buttercup5. Lost on the High Seas: Emptiness and Dating6. Basic Goodness: How the Farmboy Was Finally Reborn7. As You Wish, Part I: The Practice of PartnershipPart III THE DHARMA OF FAMILY8. All Sentient Beings Have Been Grandpa9. Fred Savage Is a Jerk, and I Am Fred Savage: Gratitude for Your Lineage10. As You Wish, Part II: The Practice of FamilyConclusion: Have Fun Storming the CastleAppendix: Seven-Step Loving-Kindness(Metta or Maitri) Practice in 20-25 MinutesNotesAcknowledgments

Book Information

Hardcover: 288 pages

Publisher: North Point Press (September 12, 2017)

Language: English

ISBN-10: 0865477760

ISBN-13: 978-0865477766

Product Dimensions: 5.2 x 1.2 x 7.6 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #34,483 in Books (See Top 100 in Books) #18 in Books > Humor & Entertainment > Humor > Religion #69 in Books > Literature & Fiction > History & Criticism > Regional & Cultural > United States #206 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism

Customer Reviews

Ethan Nichtern is a senior teacher in the Shambala Buddhist tradition and the author of *The Road Home: A Contemporary Exploration of the Buddhist Path* and *One City: A Declaration of Interdependence*. He is also the founder of the Interdependence Project, a nonprofit organization dedicated to secular Buddhist study as it applies to transformational activism, mindful arts and media projects, and Western psychology. Nichtern has taught meditation and Buddhist studies classes and retreats across the United States since 2002. He is based in New York City.

[Download to continue reading...](#)

The Dharma of The Princess Bride: What the Coolest Fairy Tale of Our Time Can Teach Us About Buddhism and Relationships
The Dance Fairies Boxed Set (7 Books) (Rainbow Magic, #1: Bethany the Ballet Fairy; #2: Jade the Disco Fairy; #3: Rebecca the Rock 'n' Roll Fairy; #4: Tasha the Tap Dance Fairy; #5: Jessica the Jazz Fairy; #6: Serena the Salsa Fairy; #7: Isabelle the Ice Dance Fairy)
Buddhism: Beginner's Guide to Understanding The Essence of True Enlightenment (Buddhism, Buddhism Beginners, Buddhist Books, Buddhism Books, Zen Buddhism Book 1)
BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma)
Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism For Beginners, Buddha, Zen Buddhism, Meditation for Beginners)
Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism, Mindfulness, Meditation, Buddhism For Beginners)
BUDDHISM: for Beginners! From Dummies to Expert. Beginners Guide for Learning the Basics of Buddhism (Zen, Meditation, Dalai Lama, Yoga, Buddha, Dharma, Happiness)
Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for

Beginners, Zen, Zen Books) Princess Diana: Her Royal Story and Lessons for Life Changing Success: Princess Diana Revealed (Princess Diana, British Royalty, Royal Biography, Dead Wrong, Kate Middleton, Princess of Wales Book 1) Dharma and Dhamma: An Overview of Dharma and Dhamma, and How to Apply them in Daily Life (includes Moksha, the Four Noble Truths, the Eightfold Path, and Nibanna) The Victorian Fairy Tale Book (The Pantheon Fairy Tale and Folklore Library) The Twisted Fairy Tale Box Set, Books 1-3 (A Twisted Fairy Tale Book 0) BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation, Mindfulness, Chakras) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Zen, Inner Peace, Dalai Lama Book 1) Buddhism and Ecology: The Interconnection of Dharma and Deeds (Religions of the World and Ecology) Fairy Companions Coloring Book - Fairy Romance, Dragons and Fairy Pets (Fantasy Art Coloring by Selina) (Volume 4) Magical Princess: An Princess Coloring Book with Princess Forest Animals, Fantasy Landscape Scenes, Country Flower Designs, and Mythical Nature Patterns After Buddhism: Rethinking the Dharma for a Secular Age The Princess Present: A Princess Diaries Book (Princess Diaries, Vol. 6 1/2) 101 Coolest Things to Do in India: 101 Coolest Things to Do in India (Backpacking India, Goa, Rajasthan, New Delhi, Kerala, Mumbai, Kolkata)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)