



Buddhism for Dudes: A Jarhead's Field Guide to Mindfulness

Gerry Stribling

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A tough former Marine leads Buddhist basic training for the average Joe.

In *Buddhism for Dudes*, Gerry “Strib” Stribling, former Marine and all-around good guy, answers questions on life and living with a healthy dose of Buddhist wisdom for the regular guy. Strib takes a good look at who the Buddha was, meditation, karma, and more. With good humor and without sentimentalism, he explains these down-to-earth insights in everyday language. Showing how Buddhism boldly approaches life’s problems head on, unflinching and alert—like a soldier in a forward listening post in the dark of night—Strib emphasizes the Buddhist call to moral action for the good of oneself and others.

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