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Playful and entertaining, A Spiritual Renegade's Guide to the Good Life distills complex ideas into a light-hearted, easy-to-read manual for happiness and fulfillment. I'm grateful that Lama Marut took the time to answer some questions about the book, and also offered 5 books for Tiny Buddha readers.

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with an action plan designed to incite true, unpackaged happiness. This book is bound to disrupt your suffering, disturb your dissatisfaction, and elicit a deep-seated contentment. Happiness is in our hands; we only need to shake off our inertia and incite it! Published: June 5, 2012

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