



*Wolynn (Book 18, report coming soon) writes that thinking we are interacting with a distant or deceased relative has the same impact on our brains as if we are actually interacting with him or her. This can be emotionally healing.*

*Since the main subjects of Begley's book (Book Nine) were Buddhist monks, here is a book describing Buddhist philosophy. For a Westernized version, you may look for, "Wherever You Go, There You Are," by Jon Kabat-Zinn. He speaks of "Mindfulness." It is similar to "Meditation."*

#### *10. Buddhist Boot Camp*

Timber Hawkeye, HarperOne, 2013

Hawkeye, a Buddhist, calls his book *Boot Camp* because its prescriptions are short, tough, and to the point. He left his home in the U.S. and trained to be a Buddhist monk in Tibet. Then he left the monastery and returned to the U.S., where he continues to practice Zen Buddhism. *Annie likes the following passage in particular:* (p.5) "Your mind is like a spoiled rich kid! You have raised it to think whatever it wants, whenever it wants to and for however long, with no regard for consequence or gratitude. And now that your mind is all grown, it never listens to you!"

*We in the West may not know, before encountering Eastern philosophies or "mindfulness," that we can train our awareness to stand apart from ourselves. Other mental training can teach the hands to help others heal themselves, as explained in the next book.*