



Buddha in Your Backpack: Everyday Buddhism for Teens

Franz Metcalf

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A guide for navigating the teen years, *Buddha in Your Backpack* is for young people who want to learn more about Buddhism or for those who simply want to understand what's going on inside themselves and in the world around them. *Buddha in Your Backpack* tells Buddha's life story in a fashion teens will relate to, describing Buddha as a young rebel not satisfied with the answers of his elders. It then introduces Buddha's core teachings with chapters like "All About Me" and "Been There, Why'd I Do That?" The author presents thoughtful and spiritual insights on school, dating, hanging out, jobs, and other issues of special interest to teens — inviting readers to look inside themselves for answers.

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