



Hooked!: Buddhist Writings on Greed, Desire, and the Urge to Consume

Stephanie Kaza

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At one time or another, most of us have experienced an all-consuming desire for a material object, a desire so strong that it seems like we couldn't possibly be happy without buying this thing. Yet, when we give in to this impulse, we often find ourselves feeling frustrated and empty. Advertisers, of course, aim to hook us in this way, and, from a global perspective, our tendency to get hooked fuels the rampant over-consumption that is having a devastating impact on the world's stability and on the environment.

According to the contributors to this unique anthology, Buddhism can shed valuable light on our compulsions to consume. Craving and attachment—how they arise and how to free ourselves of them—are central themes of Buddhist thought. The writings in this volume, most of which have never been previously published, offer fresh perspectives and much-needed correctives to our society's tendency to believe that having more will make us happier.

Hooked! includes a range of writings on how to apply Buddhist thought and ethics to understand and combat the problem of over-consumption as individuals and collectively. Contributors include popular Western teachers, Asian masters, scholars, and practitioners such as:

- Pema Chödrön—on what is actually happening at the moment we're "hooked," and how to get beyond that.
- Joseph Goldstein—on how mindfulness training can help us stop "wanting to want."
- Bhikshuni Thubten Chödrön—on how consumer mentality influences spiritual practice.
- Judith Simmer-Brown—on how cultivating spiritually based activism and compassionate action can help us address the negative effects of consumerism.
- Rita Gross—on how understanding moderation can curb overconsumption.
- Santikaro Bhikkhu—on practicing generosity in a consumer world.



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Lynn Hardie:

This Hooked!: Buddhist Writings on Greed, Desire, and the Urge to Consume is great guide for you because the content which is full of information for you who all always deal with world and still have to make decision every minute. This particular book reveal it details accurately using great organize word or we can say no rambling sentences inside it. So if you are read it hurriedly you can have whole data in it. Doesn't mean it only provides you with straight forward sentences but hard core information with lovely delivering sentences. Having Hooked!: Buddhist Writings on Greed, Desire, and the Urge to Consume in your hand like obtaining the world in your arm, details in it is not ridiculous 1. We can say that no publication that offer you world within ten or fifteen small right but this publication already do that. So , it is good reading book. Hey Mr. and Mrs. occupied do you still doubt that will?

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