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Blue Jean Buddha : Voices of Young Buddhists

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In an age when the Dalai Lama's image has been used to sell computers, rock stars have used tantra to enhance their image, and for many, Nirvana calls to mind a a favorite band, what does Buddhism mean to twenty-somethings?

Blue Jean Buddha offers real stories about young Buddhists in their own words that affirm and inform the young adult Buddhist experience. This one-of-a-kind book is about the experiences of young people in America-from their late teens to early thirties-who have embraced Buddhism. Thirty-three first-person narratives reflect on a broad range of life-stories, lessons, and livelihood issues, such as growing up in a Zen center, struggling with relationships, caring for the dying, and using marathon running as meditation. Throughout, up-and-coming author Sumi Loundon provides an illuminating context for the tremendous variety of experiences shared in the book.

Blue Jean Buddha was named a finalist in the 2002 Independent Publisher Book Awards (Multicultural Non-Fiction - Young Adult) as well in NAPRA's Nautilus Awards, in the Personal Journey/Memoir/Biography category.

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