



Rinpoche's Remarkable Ten-Week Weight Loss Clinic

Roland Merullo

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Rinpoche's Remarkable Ten-Week Weight Loss Clinic brings back two main characters from Roland Merullo's beloved Buddha Trilogy (Breakfast, Lunch, and Dinner with Buddha). This time, though, instead of cruising the American road together, Otto Ringling and Volya Rinpoche are part of the famous meditation master's offbeat weight loss clinic, held over the course of ten Saturdays in a New York City yoga studio.

"These characters have been alive in my imagination for a decade now," Merullo says, "and I just had the sense that Rinpoche, out of his deep compassion, would try to do something about America's obesity epidemic. I've also been fascinated for a long time by the way addiction works—whether it's addiction to food, drugs, alcohol, sex, work, or anything else—the way it occupies the mind and moves us to do things we know we would be better off not doing. I've always wondered what advice Rinpoche would give on the subject."

Known—across twenty books, scores of essays, and twenty-five years of publishing—for being willing to try his hand at an unusually wide variety of themes, subjects, and genres, here Merullo works for the first time in the novella form, putting together a deft, moving, and tightly compressed tale that includes his trademark mix of spiritual inquiry and ordinary human emotions.

"This story is about the challenge of losing weight, yes," the author says, "but there's a twist to it at the end, and that opens into a wider territory. I tried to approach it with a full appreciation for the difficulty of breaking old habits, and I gave up a beloved food myself for ten weeks, just to keep things honest."

While it does not promise to help readers with their troublesome eating habits or other addictions, Rinpoche's Remarkable Ten-Week Weight Loss Clinic does look at those painful issues from a fresh angle, one full of sympathy and wisdom. It will certainly please lovers of the Buddha Trilogy, and perhaps bring new fans to the hundreds of thousands who've already enjoyed the travels and conversations of Otto and his enlightened teacher.

Rinpoche's Remarkable Ten-Week Weight Loss Clinic Details

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Author : Roland Merullo

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Merullo

From Reader Review Rinpoche's Remarkable Ten-Week Weight Loss Clinic for online ebook

Nancy Dardarian says

I always enjoy his books, this short novel was a nice surprise.

Coleen says

Short novella which takes only an equally short time to read. I admit that I thought the book was a weight loss lesson. It is NOT! But reading the book, which involves some interesting and funny characters, should provide the reader with 'food for thought' for achieving weight loss or any other goal that one desired. Rinpoche explains that it is the mind which controls. Yes, we should know that, but certainly, his encouragement to meditate should push us toward the mind-control direction.

I was a lucky winner of the book in a Goodreads giveaway.

Jennifer says

I have read all of Merullo's Rinpoche books and walk away from each one with a greater understanding of how life is meant to be lived. This is a short book, filled with wise advice.

Abbi E. Mikell says

Magnificent.

Thought provoking, sad a little, funny, moving. So many lessons..the best of which is we need to love ourselves as others do. Short, but just long enough. Bravo! And many thanks. ?

Gretchen says

Rinpoche's Remarkable Ten-Week Weight Loss Clinic is not a how-to diet book. It is a great New Year's Day read to give the new year a fresh perspective on what we do and why we do it. This novella is a gentle reminder that frequently our addictions emanate from a mental not biological source. I plan to use a couple of Mr. Merullo's suggestions as I begin 2017.
I received this book through goodreads.

Marie Pluta Reedy says

The Otto and Rinpoche adventures are always a pleasure to read. And, while not intent on being a weight loss guide, there is probably some sound advice for a thoughtful approach to eating. My only complaint, it was too short. I always want to read more by this author.

Kimberly says

Rinpoche is probably my favorite character, and in this novella he remains wonderful, humorous, b enlightened, and wise. The only problem with this little book is that it is too short. (Novellas do that....) Rinpoche's insights about eating problems are spot-on, too. Having had breakfast, lunch, and dinner with Buddha and Rinpoche, I hope for dessert, after dinner coffee, and nightcaps, too.

Nina Morel says

Very short... Essentially a short story, and perhaps not enjoyable if you have not read the other Rinpoche books... But sweet, surprisingly profound, and satisfying.

Caroline says

While understanding that this is a novella, rather than a full novel like Merullo's Breakfast with Buddha and Lunch with Buddha (I still look forward to reading Dinner with Buddha), I was disappointed with the lack of depth here. As another reviewer mentioned, this seems more like an outline of a novel than a novella. Merullo could have done so much more with this story.

Aimee Jackson says

Ronald Merullo is one of my new favorite authors. I love the unique blending of spirituality with creativity, literature, and humor. I gain new insight and new joy from every one of his books, and this is no exception. This is not a weight-loss book - don't be fooled by the title. This is a book about addressing the issues in the mind that can lead to over-indulgence and lack of will power. Through use of the techniques in the book to address the issues in the mind, one can gain the strength of will to lose weight or address other challenges in life.

Sandra Levine says

It was very short.
It had some practical diet advice in it.
I liked the characters but was a little disappointed at the end with the sudden disappearance.

Barbara says

Great thought provoking read!

Sara says

What a little gem~! At 66 pages, it's a novella with a mission, & like all of Otto & Rinpoche's conversations -- it's well worth a listen. Lovely.

Dixie Keyes says

Those who may not know of Merullo's "Rinpoche" from his three Buddha novels (Breakfast, Lunch, Dinner) could possibly think this is a book about dieting. But it's not. It's a book about the mind and the heart. I can't say much more than that except anyone would love it. Volya Rinpoche is one of my top five favorite characters ever, and I hope I get to meet him again soon in future pages of a Merullo novel.

Sara says

I love Merullo's dining with Buddha series and was pleasantly surprised to see this new addition. It's a novella and a quick read. It's good, but it doesn't feel like a novella. It feels like the slightly fleshed out outline for a book. I wanted more detail about the characters, what they were doing, and more words from Rinpoche. It almost feels like Merullo had an idea for a novel but just wasn't that into it, so let it drop at this. It could be so much more....

Mr. Merullo, please expand on it and make it into a "real" book. If that is not possible, I will just sit and wait for Dessert with Buddha.
