


# If the Buddha Dated: A Handbook for Finding Love on a Spiritual Path

*By Charlotte Kasl*

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**If the Buddha Dated: A Handbook for Finding Love on a Spiritual Path** By Charlotte Kasl

**Zen and the art of falling in love . . .**

At once practical, playful, and spiritually sound, this book is about creating a new love story in your life. Drawing from Christian, Buddhist, Sufi and other spiritual traditions, *If the Buddha Dated* shows how to find a partner without losing yourself. Kasl, a practicing psychotherapist, workshop leader, and Reiki healer for thirty years, offers practical wisdom on using the path to love as a means of awakening.

*If the Buddha Dated* teaches that when you stay loyal to your spiritual journey, you will bring curiosity, fascination, and a light heart to the dating process.

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## Editorial Review

Review
**Praise for *If the Buddha Dated***

“[Charlotte Kasl] adds an entirely new level of understanding to our lives through love and not fear.” —Geneen Roth, author of *When Food is Love*

“[This book] focuses not on a lot of basic how-to's or manipulations but on creating spiritual bonds. Kasl does a beautiful job weaving Eastern philosophy into modern day relationships.” —Janet Luhrs, author of *Simple Loving* and *The Simple Living Guide*

**Praise for *If the Buddha Married***

“[Kasl] brings the Buddha's wisdom to the complex world of relationships. We've all heard that marriage can be a spiritual experience; reading this book, you actually believe it.” —Marianne Williamson, *New York Times* bestselling author of *A Return to Love* and *A Year of Miracles*

“Filled with succinct and practical advice that is immersed in spiritual wisdom.” —Brenda M. Schaeffer, author of *Is It Love or Is It Addiction?* and *Love's Way*

**Praise for *If the Buddha Had Kids***

“Dr. Kasl provides a wonderful blend of Buddhist wisdom, practical suggestions, psychological research, and her own rich perspective of being a mother.  Parents will find this book very helpful in their efforts in promoting healthy brain development.” —Daniel Ladinsky, author of *Love Poems from God, A Year with Hafiz*, and *The Purity of Desire*

“This book brings the wisdom of the ages to bear to help parents inways that are extraordinarily inspiring and remarkably practical.You discover compassion for your child and compassion for yourself.” —Marti Erikson, PhD, coauthor of *Last Child in the Woods*

**Praise for *If the Buddha Got Stuck***

“*If the Buddha Got Stuck* provides a roadmap to freedom and greater possibilities. Regardless of your starting place, Kasl will help you achieve greater joy, authenticity, and peace of mind. . . . Encouraging, practical, beautifully written.” —Laura Davis, author of *I Thought We'd Never Speak Again* and coauthor of *The Courage to Heal*

“Charlotte Kasl's new book overflows with insight, humor and eminently practical suggestions.” —Anita Doyle, former Director of the Jeannette Rankin Peace Center, Missoula, MT

“If previous attempts to work with your life from a Western philosophical or psychological perspective

encountered gaps . . . [consider this] your bridge." —Rowan Conrad, PhD, Director, Open Way Mindfulness Center

"*If The Buddha Got Stuck* brings perspective, inspiring stories, and useful exercises to feel less overwhelmed by life's difficulties." —Lisa M. Najavits, Ph.D., Associate Professor in Psychiatry, Harvard Medical School and author of *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse*

About the Author
**Charlotte Kasl, Ph.D.**, a practicing therapist and nationally recognized workshop leader for more than 20 years, has had lifelong connections to feminism, Buddhism, Quaker practice, and Reiki healing. The author of several books including **Finding Joy**, she lives in Lolo, Montana.

## Users Review

**From reader reviews:**

**Scott Halpin:**

The book If the Buddha Dated: A Handbook for Finding Love on a Spiritual Path will bring someone to the new experience of reading a book. The author style to clarify the idea is very unique. Should you try to find new book you just read, this book very suitable to you. The book If the Buddha Dated: A Handbook for Finding Love on a Spiritual Path is much recommended to you to learn. You can also get the e-book through the official web site, so you can more readily to read the book.

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