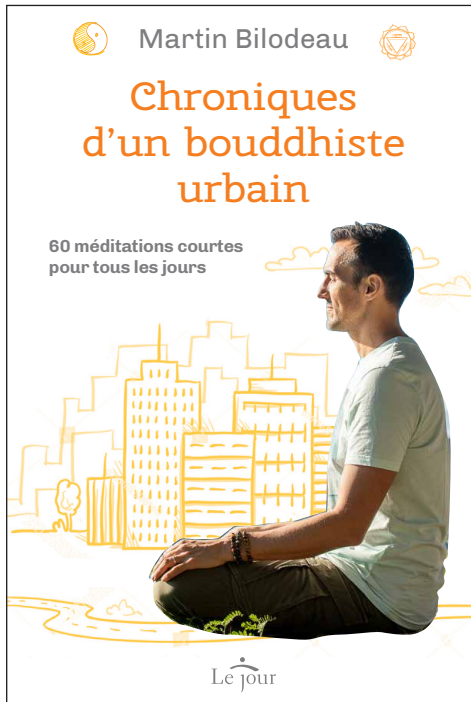


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**CHRONICLES OF AN URBAN BUDDHIST**  
**60 short meditations for everyday**  
 Martin Bilodeau

**A short guide to remind us that we can meditate for five minutes, everywhere and anytime, to regain inner peace!**

192 pages  
 October 2021  
 Éditions Le Jour

*Chronicles of an Urban Buddhist* contains 60 short meditations to do in any everyday situation. Readers will thus be able to fit meditation into their daily lives and alleviate common frustrations, such as the feeling of powerlessness with regard to current affairs, difficult people, line-ups, financial or sexual problems, anxiety, anger, etc. This guide is an invitation to draw on the wisdom of the Buddha so as to live life with love, joy, peace, and courage. Full of information, practical and playful, it will be useful not only to people who call themselves Buddhists, but also to those who just wish to live in harmony with themselves and others.

**STRONG POINTS**

- A prolific author, present in both social and traditional media.
- An attractive book of practical wisdom.

*Martin Bilodeau has been studying and practising various oriental traditions for twenty years. A lecturer and an author of he guides retreats and spiritual journeys all over the world. He shares his passions with enthusiasm, humour and authenticity.*



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