



Any Guru Will Do: A Modern Man's Search for Meaning

Phil Brown

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A humorous look at a usually lofty and intimidating topic—the meaning of life—this book documents one man's uphill journey to enlightenment. Explaining the attractions (and pitfalls) of a pick-and-choose approach, the discussion covers Eastern and Western beliefs, all the while elucidating their practices through personal anecdotes. An attack of existentialism, a dogged attempt to discover God through poetry, a doomed "holiday" at a health farm, and time spent at a ritual Egyptian dance workshop are some of the instructive stories offered, complete with such odd characters as a saffron-turbaned Dadaji, the poet Les Murray, and a Catholic priest who stops taking the author's calls.

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