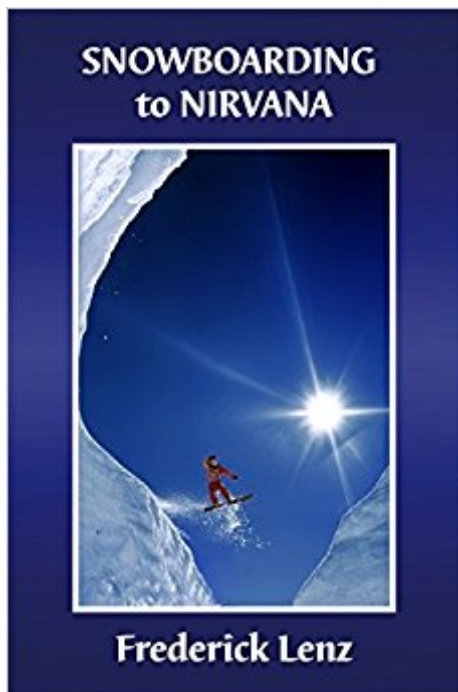


The book was found

Snowboarding To Nirvana



Synopsis

The continuation of the national phenomenon, *Surfing the Himalayas*, takes the crack American snowboarder down the mountain again, this time around with greater spiritual enlightenment he gains through experience (the greatest teacher of all). As our snowboarder continues his lessons of enlightenment with Master Fwap, he also encounters earthly love in the form of a beautiful and wise Danish woman. A paradox ensues and a mystery is set forth, the secret of Å“the missing dimension.Å” The secret must be understood and solved before our snowboarder can comprehend the next levels of Buddhist lessons. Along the way, a wise, mysterious oracle of Nepal introduces our hero to Tibetan tantric texts that become crucial in solving this riddle. Snowboarding once again becomes the metaphor for maneuvering one’s self through the trials and tribulations of real life. By learning to concentrate, meditate, and understand, the sport of life can be easily mastered. About the author: Besides being a world-class snowboarder and black belt in martial arts, Frederick Lenz was an author, teacher of meditation and spirituality, music producer and active participant in several advanced technology companies. A Phi Beta Kappa and magna cum laude graduate of the University of Connecticut, he received a Ph.D. in English literature from the State University of Stony Brook. He lived in California and New York.

Book Information

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Customer Reviews

A delightful book. F. Lenz says it's a "novel" so he can bend the stories...having been a practicing meditator for a few decades, I can appreciate and enjoy the fun. 3-5 off-the-mark (for me) episodes in this book took off at strange angles, but I think these were presented with CONTRAST in mind... And the author was then presented with a choice.... stay in Los Angeles for the "party" scene or return to the Master and the snowboard(s) in the Himalayas for more instruction from the heights. Having read his previous book, Surfing the Himalayas was more "pure" (for me) and I enjoyed that even more. F. Lenz was an unknown author to me before December 2014 and now he comes highly recommended from my point of view. If you don't meditate.... I doubt if you would enjoy this book. More likely, most would consider it complete "B.S." WITH meditation experience...it's a whole different story. Great fun! and wonderful suggestions for higher living and greater enjoyment of life!

classic

Yuk. Kind of adolescent and sex crazed in this one, and I could have done without the graphic pornographic descriptions of his so called tantric hook ups. Huge turn off. Comes across as phoney. Just a typical show off, only with spiritual ego.

With a mischievous sense of humor and a determined refusal to take himself too seriously, Dr. Lenz takes us on a roller coaster ride from the highs of the Himalayas to the lows of smogged-out LA, and leaves us in breathless wonder. I love this book, not only for the purity and beauty of the Buddhist concepts it discusses, but for making them so approachable to a member of Generation X growing up and living in the west. I read this book whenever I need to be reminded that there is more to life than the stressed out world that meets our senses. This book is a breath of fresh air. I recommend it to all spiritual seekers, snowboarders, and people simply seeking new dimensions of light and happiness.

spiritual path and philosophy

It introduces the reader to buddhism and enlightenment in an impressive and entertaining way

Great sequel to his first book Surfing the Himalayas which is an introductory to Buddhism. Must read.

ok ok...how many books on buddhism can you say are entertaining, exhilarating, and inspiring?this book does not profess to teach one anything other than being true to your inner strength and following your inner voice.i read the book in 1 day ...couldn't put it down...sure the tone of the writer was somewhat ridiculous but it came across as genuine which i think is more important than some of the high brow , mystical voices that other writers put on.

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