



Be Nobody

Lama Marut

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This follow-up to *A Spiritual Renegade's Guide to the Good Life* calls for the biggest revolution of all: the overthrow of our obsessive quest to be somebody.

Like boardwalk tourists poking their faces through two-dimensional cutouts of the muscle man and bathing beauty, we are all desperately trying to be somebody, to be “special.” No one wants to be a loser, a small fry, a big zero.

But maybe we've got it all wrong.

With an edgy tone and radical perspective, Lama Marut shows that the quest to distinguish ourselves is the true cause of our dissatisfaction, and it continually leaves us feeling isolated and alone. Drawing from the spiritual truism that only by losing the self can we discover our real potential, *Be Nobody* provides guidance, actions, and simple meditations to help you lay down the heavy burden of trying to be somebody—without requiring you to live in a monastery or retire to a cave in the Himalayas. When we vacate ourselves, we will finally have the freedom to find true fulfillment.

So stop narrating your life and start living it. Be nobody.

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