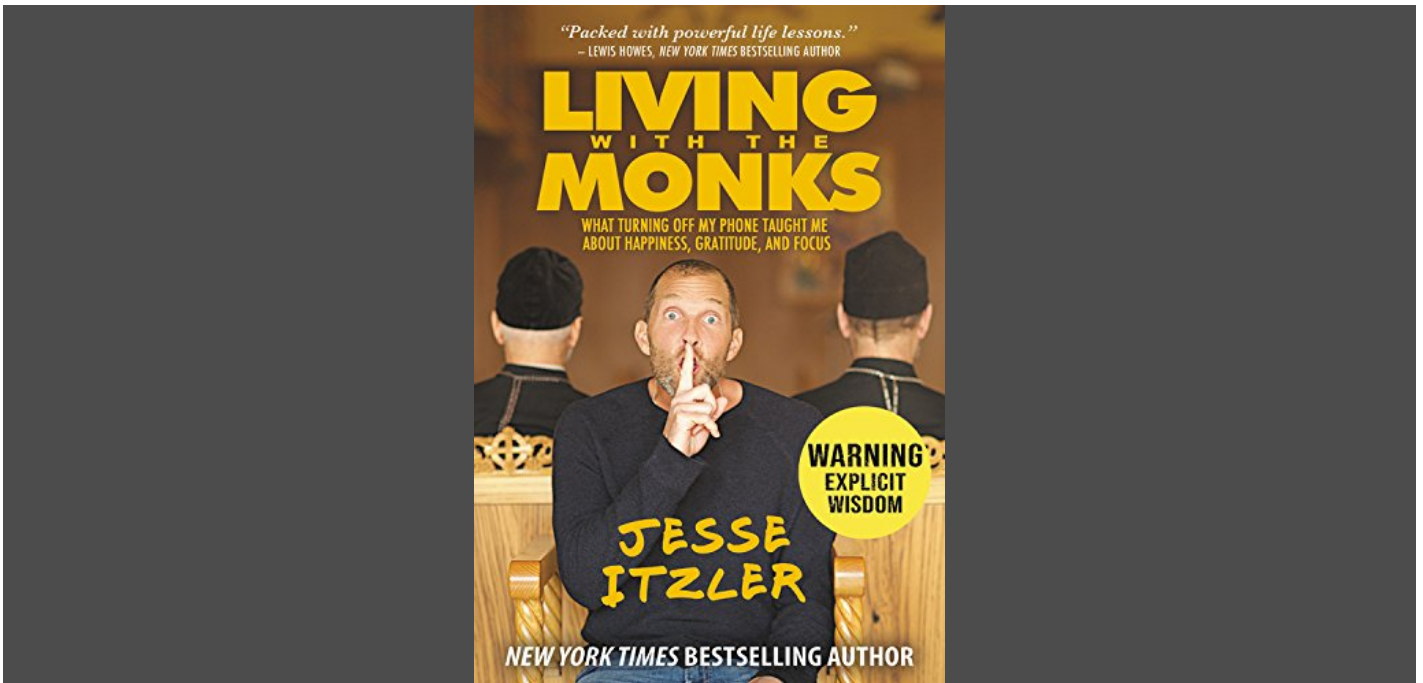


PDF | Living with the Monks: What
Turning Off My Phone Taught Me
about Happiness, Gratitude, and
Focus

by Jesse Itzler



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Equal parts memoir and road map to living a less stressful and more vibrant life, bestselling author Jesse Itzler offers an illuminating, entertaining, and unexpected trip for anyone looking to feel calmer and more controlled in our crazy, hectic world.

Entrepreneur, endurance athlete, and father of four Jesse Itzler only knows one speed: Full Blast. But when he felt like the world around him was getting too hectic, he didn't take a vacation or get a massage. Instead, Jesse moved into a monastery for a self-imposed time-out. In *Living with the Monks* the follow-up to his *New York Times* bestselling *Living with a Seal*, Jesse takes us on a spiritual journey like no other.

Having only been exposed to monasteries on TV, Jesse arrives at the New Skete religious community in the isolated mountains of upstate New York with a shaved head and a suitcase filled with bananas. To his surprise, New Skete monks have most of their hair. They're Russian Orthodox, not Buddhist, and they're also world-renowned German shepherd breeders and authors of dog-training books that have sold in the millions.

As Jesse struggles to fit in amongst the odd but lovable monks, self-doubt begins to beat like a tribal drum. Questioning his motivation to embark on this adventure and missing his family (and phone), Jesse struggles to balance his desire for inner peace with his need to check Twitter. But in the end, Jesse discovers the undeniable power of the monks and their wisdom, and the very real benefits of taking a well-deserved break as a means of self-preservation in our fast-paced world.



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