



Lazy Man's Guide to Enlightenment

Thaddeus Golas

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Originally published by the author in 1972, the underground classic *Lazy Man's Guide to Enlightenment* teaches how to improve the quality of life, to feel good, and to determine what's real. Golas leads the reader down the path toward enlightenment with simple steps, like memorizing key phrases and incorporating them into daily life and thought. Think of how much better your life might be if you reminded yourself to "love as much as you can from wherever you are" or "love it the way it is." This classic book is full of useful tips on how to live a more conscious life and to be an engaged and aware member of the universal community.

"While we have humility and pride enough to act on the knowledge that we exist in an infinite harmony, that we are neither greater nor lesser than any others, we can enjoy exquisite spiritual wealth and pleasures. When you love yourself, you are in truth expanding in love into many other things. And the more loving you are, the more loving the beings within and around you. On all levels we are mutually dependent vibrations. Play a happy tune and happy dancers will join your trip." - From *The Lazy Man's Guide to Enlightenment*

After serving in World War II, author Thaddeus Golas graduated from Columbia College in New York. He later moved to San Francisco, where he became involved in the activism and spiritual quests of the 1960s. He was an editor of *Redbook* magazine and a book representative for publisher Harper and Row.

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