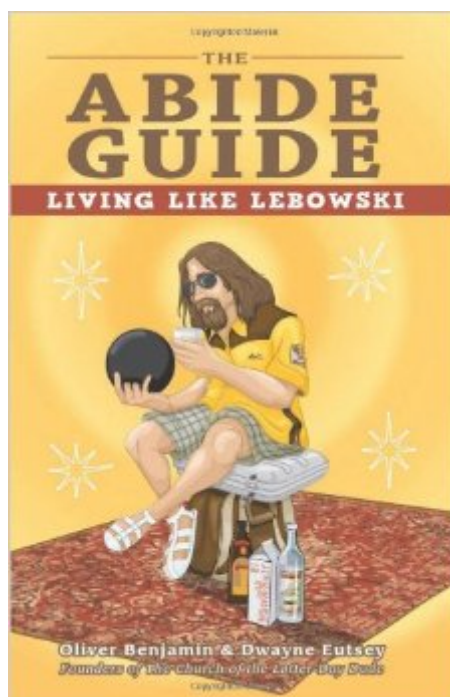


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The Abide Guide: Living Like Lebowski



Synopsis

THE DUDE ABIDES...AND YOU CAN TOO! When you seek salvation from this stressed out, uptight world, there's only one man to go to for guidance—the Dude. At once helpful, funny and profound (like *The Big Lebowski* itself), this survival guide from the founders of the Church of the Latter-Day Dude and their top disciples shows how to be as Dude-like as the Dude (well, almost):

- Secrets of sacred Dudeist practices
- The Seven Spiritual Laws of Taking it Easy
- Great Dudes who changed the world (without really trying)
- New feminist philosophy for special ladies
- The Way of the Dude applied to politics, ethics and finances
- A 12-step program for personal dudevolution
- The science of really tying your room together

All this and a lot more what-have-you. So the next time life throws you a gutterball, just pick up this book and ask, "What Would the Dude Do?" • It's your answer for everything.

Book Information

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Average Customer Review: 4.5 out of 5 stars • See all reviews (80 customer reviews)

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Customer Reviews

Though *THE ABIDE GUIDE* is classified as a self-help book, it could easily fall under religion, comedy, history, or philosophy. Within the first several pages it is apparent that much research and knowledge of older religion was required for the translation to Dudeism, though this book hit the nail on the head as far as an updated belief system for its place and time. I found many lessons in the pages of *The Abide Guide* that pertain to my life everyday, however I believe the most important piece of advice on the path to just taking it easy is contained in the chapter "DUDERS UNANIMOUS: A 12-Step Program to Dudevolution." I believe #8, "Be Dude to everyone you meet," has been the main step that has helped to improve my daily interactions the most even before I knew of Dudeism. I also believe that #8 is the quickest path to a sense of Abiding. It should be #1. But that's just, like,

my opinion man. The Abide Guide is a great read even for those that know nothing of The Big Lebowski or Dudeism as the authors take a scene by scene translation that stands on its own without prior knowledge of either. This book is more than just an interesting read but a wise investment. ABIDE.

The Abide guide was a fun and entertaining read, using humor and wit to convey some deeper ideas for appreciating life, and checking what condition our condition is in. Explaining its connection to the movie and philosophies from the past, it also makes its connection to the present day. With our current state of financial crisis and seemingly endless wars, its good to know there are some Dudes out there taking it easy for us sinners. Maybe the Abide Guide can help you find your inner Dude. There is a playfulness to the serious truth it conveys, not taking its self too seriously it asks us to consider how over consumption and over reaction can put our well being and world in peril. Reminding us life is full of strikes and gutters, but through it all the Dude abides. And that is cool man. I would highly recommend this book for its humor and insight.

I bought this book for my boyfriend because he likes the movie and I am so glad I did. He loves it and said that it really forces you to look at the world in a new light. After it was delivered I flipped through it quite a bit and really enjoyed everything I read. This book is enjoyable and humorous while secretly guiding you to go with the flow and live life the "dudeist" way. An easy read with some really valuable point of views inside. I recommend!

While written with humor, the subjects covered are actually pretty serious. While you shouldn't base your entire life on this book (or any single book for that matter), I think everyone could benefit from reading this. I've been a Dudeist Minister for a number of years now and have even been asked to perform a wedding. While some people look at being a Dudeist as a joke, many people take Dudeism seriously.

Friends, Dudesists, internets, lend me your beers. Odds are that if you have gotten to this page, not only have you seen the Big Lebowski, but you've probably also heard of the Church of the Latter-Day Dude (Dudeism.) If not, I urge you to check both out and acquire this book. THE ABIDE GUIDE serves partially as a cliff notes for The Big Lebowski, giving information about the philosophical undertones of the renowned Coen Brothers flick, and as a self-improvement volume. But it's more than that--THE ABIDE GUIDE casts its lens on politics, economics, philosophy, and

history; telling us how Dudeness molded modern thinking. I dig the work, fabulous stuff, man.

You can watch "The Big Lebowski" over and over again and may not catch all the themes, philosophy, etc. addressed in this book. If you are a fan of "The Dude" struggling with life and are looking for direction. Get this book, drink a white russian and chill out man!

I had the opportunity to read this book over the last few days and walked away very impressed with the author's knowledge of history, especially as it relates to spiritual history. As a big fan of the film The Big Lebowski, I loved the first 75 pages or so where the authors walk us through the film and provide commentary. The section on "Great Dudes in History," learning more about the history and applications of yoga, and the roundtable with the female commentators were favorite chapters, but at no point was I ever even close to putting this book down. Highly recommended.

Being a Lebowski fan and an ordained "Dude", this book is an excellent addition in living the Dude's way! I have a waiting list of friends who want to borrow it. I just tell them that for the price, they just need to buy their own. lol.

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