



# Don't Worry, Be Grumpy: Inspiring Stories for Making the Most of Each Moment

*Ajahn Brahm*

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## **Don't Worry, Be Grumpy: Inspiring Stories for Making the Most of Each Moment** Ajahn Brahm

Laugh aloud even as you look at life anew with these stories from the bestselling author of *Who Ordered This Truckload of Dung?*

In 108 brief stories with titles like "The Bad Elephant," "Girlfriend Power," and "The Happiness License," Ajahn Brahm offers up more timeless wisdom that will speak to people from all walks of life. Drawing from his own experiences, stories shared by his students, and old chestnuts that he delivers with a fresh twist, Ajahn Brahm shows he knows his way around the humorous parable, delighting even as he surprises us with unexpected depth and inspiration.



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