



# One-Liners: A Mini-Manual for a Spiritual Life

*Ram Dass*

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## **One-Liners: A Mini-Manual for a Spiritual Life** Ram Dass

Ram Dass has always been a master of the one-liner. Here is the nitty-gritty by the author of **Be Here Now**—more than 200 penetrating observations and pithy spiritual instructions on such topics as How It All Is, Love and Devotion, Suffering, Aging, Planes of Consciousness, Death and Dying, Service and Compassion, Psychedelics, Social Awareness, and Liberation.

“This book is a kind of spiritual brandy, a distillation of the lectures I’ve given over the course of the past decade or so. These quotes are the little “aha!” moments, the cameos that have been served up out of our collective consciousness from time to time that seem to summarize something about our human journey. I think of this book as something you might have next to the coffeepot to pick up in the morning, or as something you might tuck into your backpack to pull out during your bus ride to work, in order to reframe the way you look at your day.” —Ram Dass

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