



Shantideva: How to Wake Up a Hero

Dominique Townsend

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Readers of all ages will enjoy this retelling of a beloved spiritual classic. Playfully illustrated in traditional Tibetan style, the story of the monk Shantideva frames his inspiring lessons on the way of the bodhisattva superhero.

Shantideva: How to Wake Up a Hero is the retelling of Shantideva's teachings before a surprised audience, who had thought he was useless and could only eat, sleep, and poop. Leading his listeners into a superhero training of different kind, he reveals the secret to perfect bravery and unbounded compassion and shows how anyone can develop them. You don't need super-strength or magical powers, he says. You just need compassion and wisdom.

A dozen illustrations painted in traditional Tibetan style draw in readers to this work that will be treasured not only by Buddhist families but by anyone who aspires to become more kind and wise.

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