

# Think Like a Monk &dash; Jay Shetty with Dave Asprey

*author:*



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## Synopsis

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For this special episode of Bulletproof Radio, I'm going to ask you to tune in for a while longer. I think you'll really like what you hear.

My guest is Jay Shetty, a British-born former monk who never expected to meet a monk, let alone become one. It's really humbling and ironic when you go to something expecting nothing and it becomes one of the biggest life changing moments of your life," he says.

Now an award-winning viral content creator, storyteller and experiment maker (but no longer a monk), he's created over 400 viral videos that have received over 7.5 billion views. He also hosts the popular "On Purpose" podcast and has just written a brand new book, "Think Like a Monk: Train Your Mind for Peace and Purpose Every Day." "The book is full of studies and research and science behind monks' brains that have meditated for far longer than I have," Jay says. "For me, it was my fascination with monk culture that made me want to write this book, less than my own experience of three years."

In our conversation, he reflects on his monk's training and explains how you can find your own peace and purpose. "If I can help people tap into their unique superpower and dharma, then the world will be a better place."

"Think Like a Monk" is such an important message right now," Jay says "You don't have to live like a monk to think like a monk, because it is a change of *mindset*. The monk mind is of compassion, love, non-judgment, kindness. I feel like that's what so many of the people we know are striving for and aspiring for. I felt this is the right time to help us reset our mindset."

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