

Rinpoche's Remarkable Ten-Week Weight Loss Clinic

author: Roland Merullo

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Synopsis

author	Roland Merullo
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Rinpoche's Remarkable Ten-Week Weight Loss Clinic brings back two main characters from Roland Merullo's beloved Breakfast with Buddha series. This time, though, instead of cruising the American road together, Otto Ringling and Volya Rinpoche are part of the famous meditation master's offbeat weight loss clinic, held over the course of ten Saturdays in a New York City yoga studio.

Known-across twenty books, scores of essays, and twenty-five years of publishing-for being willing to try his hand at an unusually wide variety of themes, subjects, and genres, here Merullo works for the first time in the novella form, putting together a deft, moving, and tightly compressed tale that includes his trademark mix of spiritual inquiry and ordinary human emotions.

While it does not promise to help listeners with their troublesome eating habits or other addictions, Rinpoche's Remarkable Ten-Week Weight Loss Clinic does look at those painful issues from a fresh angle, one full of sympathy and wisdom. It will certainly please lovers of the Breakfast with Buddha series, and perhaps bring new fans to the hundreds of thousands who've already enjoyed the travels and conversations of Otto and his enlightened teacher.

Reader's comments

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