

*"Packed with powerful life lessons."*

— LEWIS HOWES, NEW YORK TIMES BESTSELLING AUTHOR

# LIVING WITH THE MONKS

WHAT TURNING OFF MY PHONE TAUGHT ME  
ABOUT HAPPINESS, GRATITUDE, AND FOCUS

**WARNING**  
EXPLICIT  
WISDOM

JESSE  
ITZLER

NEW YORK TIMES BESTSELLING AUTHOR

Jesse Itzler

## Living with the Monks: What Turning Off My Phone Taught Me about Happiness, Gratitude, and Focus



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Equivalent parts memoir and street map to living a less stressful and more radiant life, bestselling author Jesse Itzler provides an illuminating, entertaining, and unpredicted trip for anyone looking to experience calmer and more controlled in our crazy, hectic world. Questioning his motivation to embark on this adventure and missing his family (and telephone), Jesse struggles to balance his desire for inner peace along with his have to check Twitter. They're Russian Orthodox, not Buddhist, and they're also world-famous German shepherd breeders and authors of dog-training books which have marketed in the thousands. In *Living with the Monks*, the follow-up to his New York Times bestselling *Living with a SEAL*, Jesse takes us on a spiritual trip like no other. Instead, Jesse moved into a monastery for a self-imposed time-out. Having just been subjected to monasteries on Television, Jesse arrives at the brand new Skete religious community in the isolated mountains of upstate NY with a shaved mind and a suitcase filled with bananas. To his surprise, New Skete monks possess the majority of their hair. However when he felt like the world around him was obtaining too hectic, he didn't take a vacation or get yourself a therapeutic massage. As Jesse struggles to fit in between the odd but lovable monks, self-doubt begins to defeat such as a tribal drum. Entrepreneur, endurance athlete, and dad of four Jesse Itzler only knows one speed: Total Blast. But in the end, Jesse discovers the undeniable power of the monks and their wisdom, and the very real benefits of taking a well-deserved break as a way of self-preservation inside our fast-paced world.



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Entertaining book that also makes you stop and think We loved the author's initial book (Coping with a Seal) therefore i was real excited for this one. Let Jesse which publication inspire you to do more with your life and to build your life resume! I didn't have to worry -- it had been just as good, if not really better than the first! And it's really different - I believe "Seal" has more laugh out loud occasions, while "Monks" is regularly enjoyable and thought-provoking throughout. Both books draw you in and make you feel like you're experiencing a life challenge together with the author. As Jesse leaves his fast-paced existence to spend time living with monks, you end up rooting for him to create it through and also stopping to think how his experiences connect with your own life.. Overall, I highly recommend this book!! I still think he is insane, but now I think he's balanced. Warning! Don't begin this publication late at night. Full on Jesse This book brings a good amount of thought provoking philosophy and a "lot" of fun.. Frankly the last third experienced like his publisher stated he previously to meet a particular page limit and so he just held rambling. It stinks when you finish and then find out that the birds are chirping and the sun is beginning to rise. Work? Oh no! It didn't exite me. Next up, I need to purchase some cheesecake!..Jesse is entertaining and his terms are sincere. His wife must be a Saint! Quiet your mind and READ THIS Reserve!! Jesse Itzler is definitely a true force of nature who lives his lifestyle by his gut -100%. If you haven't read Living With A Seal I suggest you buy both of these books right now.. The best component is that among the laughs and the Jesse-isms, there are several true life lessons, Our limits are self-imposed. This is an easy read with some good takeaway lessons. Jesse's journey helps outline the need for living MOMENTS not mins. Jesse's books certainly are a reminder to be there and remember - we didn't arrive this far to only come this far. Turn off your mobile phone and READ THIS Publication - you won't regret it! Shhhhhhh! A Master Storyteller I read the writer's first reserve and thought he was insane! The writer obviously struggled to create enough material to fill the reserve. Not really in the same little league as Living with a SEAL Not really in the same league as Coping with a SEAL.! but this one is even better! That said, there can be some wisdom there, though it's nothing you couldn't get from one of the a huge selection of books on mindfulness. And those other books would be more instructive and helpful. Totally disappointing and a waste of time Totally disappointing. I completed it in under two hours—not since it was a fascinating browse, but because there was little substance among the double-spaced pages. I wasn't interested in his many tales about him and his buddies throughout. The "spiritual" and supposedly thoughtful takeaways, to me, had been trite and nothing at all you haven't read or noticed before. This will have been a long magazine article not a book. I actually ABSOLUTELY LOVED THIS BOOK We ABSOLUTELY LOVED THIS Reserve! Jesse fingernails it once more! Can't state I walked aside with any life-altering insights, but there are enough good chuckles to keep you involved and entertained throughout.Jesse is a Get better at STORYTELLER!! The stories are very engaging and funny, there have been places in the book where I was on to the floor laughing .!! While they are very different books - they are both thought provoking, hilarious, quick reads. this book has so much humor yet is also Packed with basic and profound wisdom, at times I couldn't decide which one was greater! This book is a good follow-up to Coping with a Seal. I must say i got the feeling that the author discovered more about himself and how exactly to experience existence.Jesse's first reserve was amazing. That said, the writing style and the out-there circumstance and materials still produce it an entertaining pageturner. I especially loved the 10 real life benefits by the end - you can only just fully appreciate them if you read the book, but they are tripped in another ending chapter to create it easy to refer back to them in the arriving months. I'm sure he will sell a whole lot of books to people (like me) who treasured the first one, but without that first

achievement, this one likely wouldn't do very well..! Many good takeaways! We are so comfortable in the daily humdrum we neglect to live. 'Remember tomorrow' is my new mantra meaning you should think about how you will feel tomorrow as you do whatever you do today. Don't stop or put in a lesser effort because tomorrow you will be disappointed in your choice to give less than you could have today. Slowing, being present in whatever task you do, taking pride in your work- including the mundane job of existence, smiling and finding joy in the easy things, meditating/praying.. Entertaining but with small impact If you're afraid that this book may be a replay attempt at capitalizing on the success of "Coping with a SEAL," you then are correct: it really is, and the author is upfront about any of it. there are therefore many good reminders for those folks that feel as well busy continuously (most of us!). It had been fun to survive Jesse's knowledge at a monastery but his additional takeaway stage is to go develop those adventures or experiences for your life resume for yourself- don't just read the books and go to the seminars. This is why I enrolled in his 29029 problem with my husband. But I have to admit, I feared it might be a letdown and just more of the same. What could be better than living with a Seal? Handful of the best elements in the reserve were "Billy, the bully", "Lenny the intern", monks asking Jesse to "LISTEN", "If We die tomorrow" and "Mr Sara Blakey" To deliver invaluable nuggets of wisdom in such a humorous way is so charming! While Jesse Itzler's ponderings were very readable and his encounters quite exclusive, the plot experienced contrived and shallow. There are some awesome bits of information that will continue steadily to resound in my own head for years and years....!. Every time I picked it up was such as a mini holiday. If you haven't read Living with a SEAL you must do that initial. BTW I'd give it similar comments. Great writer Inspirational and funny Read teaching with a seal instead Teaching with a seal was one of the best books I've ever read, that is why I bought this one. Now I must double up on vitamins and prevent hitting a wall structure at 2:00 PM. Great book! After I read Living With A Seal, I couldn't wait to read this book. It will be did not disappoint.! Recommend Great read. Love reading this on a iPad therefore i can go back and read all of the highlights I made throughout. Large amount of Powerful Info Not really what I was expecting but didn't seem like it had been what Jesse was expecting either. Love this guy. Biggest takeaway equivalent to his last reserve was the idea of mono tasking, carrying out one thing great at the same time. A failed seek out why Reading Coping with the Monks, felt a little bit like Goldilock's experience checking out the bear beds and bear porridge except that the "just right" part was missing. I acquired the audio edition a few days prior to the print publication arrived and couldn't stop listening! Throughout Coping with the Monks, Itzler promises to be trying to find his why, all the while producing fun of the Monks that hosted him and people going to the monks are true seekers. Then close to the end he admits that he understood his why all along - to create a reserve, and transitions the last third into a laundry report on every self help cliché about selecting peace and joy that he could think up. you will not be able to put it straight down. If you are looking for a reserve about selecting oneself by embarking on a journey and disconnecting with the craziness of everyday existence, Hape Kerkeling's I'm Off Then: Losing and Finding Myself on the Camino de Santiago seems more authentic.



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