

HOW TO BE A BUDDHIST MILLIONAIRE

9 practical steps to being happy in a
materialist world

by Matt Jardine

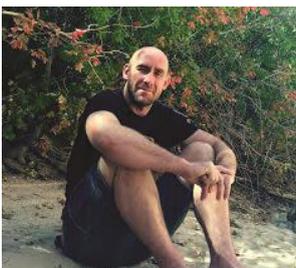
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"For your own sake, answer honestly. If you had a million pounds would you be living your current life? Would you be doing the work you currently do? If the answer is yes, and you are happy with that, then congratulations. If the answer is no and you are not happy, don't worry, you are not alone and this book is for you..."

All of us instinctively know that there is more to life than money. But how can we do anything to change this when faced with the daily pressures of bills and deadlines? In *How to be a Buddhist Millionaire*, Matt Jardine provides 9 simple lessons to help us find fulfilment in a money-centric world. He aims to dispel the deep-rooted blocks, fears and limiting beliefs that keep us from doing what we really want to do.

Jardine's step-by-step approach draws on expert advice, Buddhist wisdom and conversations with people from all walks of life to show us how we can find our passion and make it pay.

Whether you're just starting out, stuck in a job you don't enjoy or simply want to open your mind to new ideas, *How to be a Buddhist Millionaire* will give you the tools you need to live the life of dreams.



Matt Jardine is a martial artist, entrepreneur, public speaker, podcaster, teacher, and the founder of Jardine Karate School. His previous books include *Mo and Lucy - Choices*, and *The Hardest Path*, inspired by his 88 Temple pilgrimage of Japan. Matt has practiced meditation and other Eastern arts for over 25 years. He has recently moved from London to Oman.

MATT JARDINE IS AVAILABLE FOR INTERVIEW AND TO WRITE ARTICLES
EXTRACTS ARE AVAILABLE

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Matt's story:

In 2007, in search of answers to living a happier more successful life, Matt Jardine travelled to Japan to walk the infamous 88 Temple Pilgrimage. Arriving back home gifted with 9 lessons from the ancient Buddhist trail, he wondered if they could be applied to help improve two of the greatest stressors of modern day living: work and money.

Deciding to use his own life as a 'living experiment' Jardine chose to walk the path of the 'Buddhist Millionaire', to demonstrate that it is possible to engage in joyful, meaningful work and for it to be profitable. Using the steps he outlines in his book, he has successfully founded an award winning martial arts school (www.jardinekarate.com), become a five star reviewed author (www.thehardestpath.com), starred in an online [TV documentary](#), owned [traditional Japanese massage clinics](#), and won a Jiu Jitu world championship title.

From The Buddhist Millionaire

Introduction, p. 15

"Do not fear! Just as this is not a book about how to get rich quick, neither is it a new age or religious book... What it will do, though, is ask you to open your mind to ideas and teachings that may be unfamiliar. As uncommon as these ideas might be to your current way of thinking, it is precisely the differences that make them valuable to you."

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The Path of Money, p. 47

"It would be facile to suggest that money doesn't play a part – a big part – in our world; of course it does, but our reliance on money as the only means of exchange, or our personal accumulation of money in order to pay for our desires is equally facile and lazy. Community, interdependent help and cooperation, donations, invention, creativity and, yes, sometimes, a divine hand that we cannot see but can feel its effect, are all valuable types of currency above and beyond, pounds, shillings and pence."

* * *

Noticing Invisible Currencies, p. 189

Try this exercise: On the far right of a piece of paper, write down a money goal linked to work. For example, you might write: "To earn £5,000 a month selling my art".

Now, on the opposite side of the paper, write down where you are, from a money point of view, at the moment: "I'm currently earning nothing at all and am £5,000 in debt after funding art materials with my credit card."

You now have both ends of your 'money spectrum'. You have honestly stated where you are, (with no denial) at one end and where you aim to be (with no weakening of goals or standards), at the other. Draw a line connecting the two poles. Then, in-between, start filling in all of the invisible currencies you have earned so far along the way; such as: 'more free time', 'less stress', 'greater work enjoyment', etc. You can keep this chart on the wall or stuck to the fridge and keep adding to it every time you earn a new invisible currency.

Also, from time to time, when your money situation changes, add that too. In this way you will get into the habit of acknowledging and honouring invisible currencies, while simultaneously noting that they do indeed lead to money! You will have a real and visual reminder that money currencies are simply a collection of invisible currencies, and you will be buoyed to keep on keeping on.

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