



The Abide Guide: Living Like Lebowski

Oliver Benjamin, Dwayne Eutsey

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THE DUDE ABIDES... AND YOU CAN TOO!

When you seek salvation from this stressed out, uptight world, there's only one man to go to for guidance—the Dude. At once helpful, funny and profound (like *The Big Lebowski* itself), this survival guide from the founders of the Church of the Latter-Day Dude and their top disciples shows how to be as Dude-like as the Dude (well, almost):

- Secrets of sacred Dudeist practices
- The Seven Spiritual Laws of Taking it Easy
- Great Dudes who changed the world (without really trying)
- New feminist philosophy for special ladies
- The Way of the Dude applied to politics, ethics and finances
- A 12-step program for personal dudevolution
- The science of really tying your room together

All this and a lot more what-have-you. So the next time life throws you a gutterball, just pick up this book and ask, “What Would the Dude Do?” It's your answer for everything.

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