

# The Tao of Pooh & The Te of Piglet

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From Benjamin Hoff (1982)

Benjamin Hoff is a writer, photographer, musician and composer and a specialist in Japanese fine-pruning, with a degree in Ancient Art. A. A. Milne's creation, Winnie-the-Pooh and his friends from the Hundred Acre Wood, was based on the real nursery toys owned by his son, Christopher Robin. He produced a book of children's poetry, *When We Were Very Young*, in 1924, and in 1926, the seminal *Winnie-the-Pooh*. More poems followed in *Now We Are Six* (1927) and Pooh returned in *The House at Pooh Corner* (1928). Through his writings for *Punch* magazine, A. A. Milne met E. H. Shepard. Shepard went on to draw the original illustrations to accompany Milne's classics, earning him the name 'the man who drew Pooh'.

Other Books

*The BUS route to Happiness*. This is a book about the advice I've read, mainly on the bus, on how to become a bit happier, calmer, kinder, and wiser, and how to get a slightly different perspective on life. I'm aiming this advice mostly at my children, and I've written this book with them in mind... but it's helpful for anyone! I cover the wisdom of the Taoists, Zen Buddhists and Stoics and then some modern psychology, before I move on to some practical advice to increase your happiness based on the philosophies, books and articles that I've read. The BUS route is an abbreviation of: be here now, understanding empathy and compassion, and shrink desires. The book title is a happy coincidence, isn't it?

Throughout history we've had to deal with fear, anxiety, dissatisfaction, uncertainty, stress and lack of control. Our age is no different. I offer ways to cope, which includes: being more aware of life in the present moment, being more compassionate to yourself and others, looking at things more positively or realistically, looking at the big picture, and finding ways to manage your wants. This is a light-hearted look at how to be a little happier on the metaphorical bus journey of life, no matter what bumps in the road you'll find.

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Hawkeye , Timber , 2013, *Buddhist Bootcamp* , New York: HarperCollins, pp.108-109 346

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