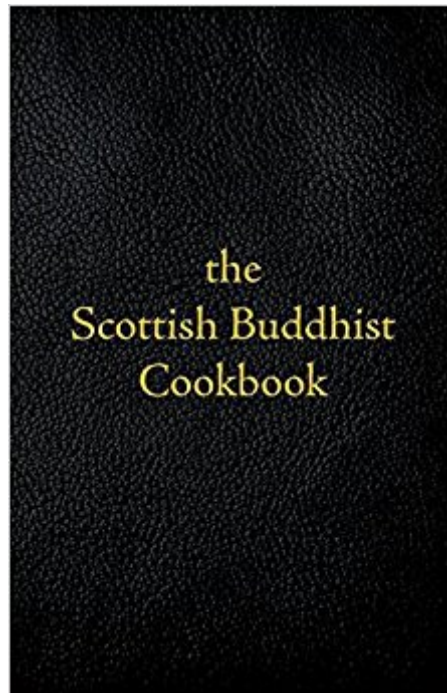




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# Scottish Buddhist Cookbook: Another Book Of Mormon



## Synopsis

The Scottish Buddhist Cookbook is an exercise in manic depression, crock pot recipes, divorce, a stuffed Jesus doll, over-drinking, Scottish Buddhist propaganda, and instruction on how to make a fully functional Great Highland bagpipe out of plumbing supplies. The Scottish Buddhist Cookbook is a collection of non-fiction short stories about the author's experience in dealing with his bipolar disorder, also known as manic depression. In it, he embraces his mental condition and attempts to help de-stigmatize manic depression. The stories tell of the author's wife leaving him because of his bipolar disorder and his efforts to control his condition through medication and lifestyle. He creates his own religion, Scottish Buddhism, which is a metaphor for manic depression. He offers suggestions on dealing with bipolar disorder and tries to offer hope that with the proper mental outlook, manic depression can be more of an asset than a liability. The stories are both humorous and serious, and all are true, from trying to sell a children's doll, Huggy Jesus to Christians, to visiting his friend in a mental hospital. He deals with the death of his best friend, which sends him into a serious depression, and manages to take control of his life by, among other things, getting a job with Ride the Ducks, driving tourists around Seattle in an old WWII amphibious vehicle. Jay Craig lives on a boat in Seattle and works in the Vitality Department of a senior living facility.

## Book Information

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## Customer Reviews

Jay Craig lives in the Ballard neighborhood of Seattle, Washington. He has done a variety of work over the years, from owning a boat building business, to running a kilt factory, to writing trivia

questions, to working in a senior living facility.

I enjoyed this book! Read it as I enjoyed a Seattle summer day in my backyard in Ballard. I have yet to try the recipes but know I will as I love a good crock pot meal. Speaking of crock pots (or is that crackpots), Mr.Craig's writing brought me back to the time I couldn't read enough Bukowski. The women, the boozing, the self loathing then self loving, the desire for a new set of rules to live by just to break them. He scratches the surface of emotional situations that I would have liked him to dig a little deeper into. Nonetheless, I'll read anything he writes in the future while enjoying a monstrosity at Mike's, made by Steve on a weeknight.P.S. How do I get one of them Huggy Jesus dolls?

The recipes were interesting and so were the stories,but I definitely could have done without the foul language. I could have enjoyed ALL of the book without the vulgarity and slander of Christianity.

Not your typical Scottish cookbook, that's for sure

A strange, quick read that brings to mind biting Gonzo-esque essays mixed with tasty sounding crockpot recipes. There's only a glimpse of the title's "Scottish Buddhism", presented with a Discordian style irreverence, but there's a hint of a deeper philosophy beneath. Recommended for those with a dark or twisted sense of humor, but don't bother if you're easily offended.

Should not have wasted the money on this.

I guarantee you that this book will someday be a cult classic. So read it now and be one the hippest people of your generation, whatever your generation may be. Someday you will have serious clout when you mention casually at a party, "Oh, yeah, I was one of the first people to read that book, way before it became a bestseller. I have a first edition somewhere." Irreverent, bawdy, definitely not recommended for the prude (or perhaps should be required reading for the prude). I say all this with the full disclosure that I haven't finished it, yet, because, like a decadent Scotch egg, a little goes a long way with this one, and I intend to make it last (I still haven't finished Zen & the Art of Motorcycle Maintenance, either, and I've been working on that one for years). One sad thing about the Kindle version is that you won't realize that there are purposefully no page numbers in the book, except for page eleven. Which is kind of like Spinal Tap and the speakers set to eleven or "one more," which is exactly what you will want from Jay Craig: one more book. That doesn't always

happen after a cult classic, but we can only hope.

I'm not exactly sure what to make of this book. But I loved reading it, and that's why it earns my 5 star review. It's full of crazy crockpot recipes, including one only a Scotsman (like me) could love: hard boiled eggs wrapped in a sort of hamburger shell (he offered me one at a Book Slam once). But the constantly simmering crockpot in the corner represents something stable and dependable for the bachelor-narrator as he deals with manic depression, the deaths of friends, and ridiculous get-rich-quick schemes that will have you laughing out loud. This book has the feeling of an uncut diamond, foreshadowing great things to come from this author. I enjoyed every minute I spent with this book.

I have been a fan of this book since I first reviewed an earlier version for a local weekly. The author particularly liked my quote, "It's not really even a book." Jay Craig is very funny writer and having this book on the coffee table is guaranteed cool. A twenty-something who picks it up and starts reading (he read it twice) tends to look at the host with new eyes, evidently not believing that someone who never swears, uses a crockpot or brawls in bars would be able to relate to this humor. It's good to be cool, that's why I'm going to order a spare copy. At Large in Ballard

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