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From one of America's most brilliant writers, a New York Times bestselling journey through psychology, philosophy, and lots of meditation to show how Buddhism holds the key to moral clarity and enduring

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happiness. At the heart of Buddhism is a simple claim: The reason we suffer—and the reason we make other people suffer—is that we don't see the world clearly. At the heart of Buddhist meditative practice is a radical promise: We can learn to see the world, including ourselves, more clearly and so gain a deep and morally valid happiness. In this “sublime” (The New Yorker), pathbreaking book, Robert Wright shows how taking this promise seriously can change your life—how it can loosen the grip of anxiety, regret, and hatred, and how it

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can deepen your appreciation of beauty and of other people. He also shows why this transformation works, drawing on the latest in neuroscience and psychology, and armed with an acute understanding of human evolution. This book is the culmination of a personal journey that began with Wright's landmark book on evolutionary psychology, The Moral Animal, and deepened as he immersed himself in meditative practice and conversed with some of the world's most skilled meditators. The result is a story that is "provocative,

informative and...deeply rewarding” (The New York Times Book Review), and as entertaining as it is illuminating. Written with the wit, clarity, and grace for which Wright is famous, Why Buddhism Is True lays the foundation for a spiritual life in a secular age and shows how, in a time of technological distraction and social division, we can save ourselves from ourselves, both as individuals and as a species.

What is tantra? Who is qualified to practice it? How should it be practiced? What are the results? According to

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Buddhism, every human being has the potential to achieve profound and lasting happiness. And according to the tantric teachings of Buddhism, this remarkable transformation can be realized very quickly if we utilize all aspects of our human energy - especially the energy of our desires. Introduction to Tantra is the best available clarification of a subject that is often misunderstood. This new edition of this classic text includes a new foreword by Philip Glass and a new cover design, but leaves untouched Lama Yeshe's excellent

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*original text, edited by
Jonathan Landaw. Tantra
recognizes that the powerful
energy aroused by our desire
is an indispensable resource
for the spiritual path. It is
precisely because our lives
are so inseparably linked with
desire that we must make use
of desire's tremendous energy
not just for pleasure, but to
transform our lives. Lama
Yeshe presents tantra as a
practice leading to joy and self-
discovery, with a vision of
reality that is simple, clear,
and extremely relevant to
twenty-first century life.
"Learn everything you need to*

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know about Buddhism in this clear and straightforward new guide. This book highlights and explains the central concepts of Buddhism to the modern reader, with information on mindfulness, karma, The Four Noble Truths, the Middle Way, and more"-- Buddhism Plain and Simple offers a clear, straightforward treatise on Buddhism in general and on awareness in particular. When Buddha was asked to sum up his teaching in a single word, he said, "Awareness." The Buddha taught how to see directly into the nature of experience. His

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*observations and insights are
plain, practical, and down-to-
earth, and they deal*

exclusively with the present.

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Steve Hagan presents the

*Buddha's uncluttered, original
teachings in everyday,*

accessible language

*unencumbered by religious
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From Karma to the Four Noble
Truths, Your Guide to
Understanding the Principles
of Buddhism***

*Buddhism: A Beginners Guide
Book For True Self Discovery
and Living A Balanced and
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about mysterious Buddhism,
its origins, its secrets and
its answers to the
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life. This book contains a
basic overview of Buddhism,

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including the life of
Buddha, and the various
kinds of Buddhism that have
developed. It takes a look
at all the key concepts and
most important teachings,
methods and insights in a
way that is easy to
understand. Filled with a
wealth of common-sense and
other-worldly wisdom, the
path to enlightenment is
considered. Learn about
meditation, mindfulness,
happiness, Samadhi, Nirvana
and all the other important
concepts that have helped
shape our understanding of
reality. Find out about Zen
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What You'll Learn... *Learn
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about Siddhartha Guatama, who
Mindfulness Zen Inner Peace
became the Buddha *Find out
Dalai Lama
about different Buddhist
schools *Understand
Meditation, mindfulness and
awareness *Learn about
relaxing and letting go, and
its benefits *Find out what
Samadhi is all about *Find
out about Karma, whether
good or bad. *Discover the
teachings about
reincarnation *Learn about
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let go of anger and

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mental possibilities*Find
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Impermanence

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the life-changing practice

of Buddhism into their

lives. Mindfulness

meditation is everywhere

these days, from the therapy

couch to the Google campus,

from prisons to athletic

events. But what are the

origins of this surge in

mindfulness? What kind of

worldview and lifestyle went

along with these ancient

techniques of meditative

training? And, beyond the

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questionable metaphysics and
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bromides, what is meditation
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actually for? This book
Mindfulness Zen Inner Peace
explores the Buddhist ideas
Dalai Lama
behind the mindfulness
techniques that have seen
such a groundswell of
popularity. It covers
meditation not just as a
body of techniques for
relaxation and stress relief
to accessorize our busy
modern lives, but as part of
a radical system of self-
transformation that offers
the possibility of profound
liberation. In this book,
the Buddhist system and the
ideas behind it are
presented, not as a religion
that's asking for your

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allegiance, but as a body of theory and practice geared towards fostering an inner revolution. Buddhism for beginners will teach you: The worldview underpinning Buddhist meditation techniques, and what those techniques were actually intended for. The principles that guide a life lived genuinely, gracefully, and compassionately. What meditation is all about in the context of the Buddhist path, and how to get into the practice of working with your mind. A surprising vision of the self, the mind, and the nature of human experience that can fundamentally alter the way

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concepts related to Buddhism
before moving towards
meditation and the like. It
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after page nonstop. Reading
in a quiet room sure helped

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and I felt this great sense of calmness. It's pretty amazing!" "If you are beginning to practice Buddhism or are contemplating doing so, this book is a great place to start. It is the perfect book to give to friends or family members who are not familiar with Buddhism but want to understand your newfound spirituality. This book was extremely easy for me to understand and I fully as though the concepts presented were something that I could begin to apply now and by my own unaided strength. I would recommend this book to anyone else who is curious about Buddhism

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have felt like Buddhism is
calling you on your
spiritual journey and you
can sense some special
connection, but are hesitant
and overwhelmed where to
begin. You have felt a
connection and a calling
towards Buddhism and felt
that this is something I can
relate to, and felt like
finally you would get "the
answers" you were looking
for. You always desired to
stay calm in this crazy,
unpredictable and raging
world. This guidebook will
have clarity on what to*

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learn and which next step to take. Buddhism for Beginners: is an easy-to-read and easy to implement guide. Buddha did not regard himself either as God or a messenger of God. He merely points out that the teachings Dhamma (Pali) or Dharma (Sanskrit) can be experienced through his meditative vision (of contemplation). Furthermore, Buddha refers to the self-reliance of the individual himself in learning this technique and urges against a dogmatic adherence to his teaching. Self-responsibility is highest here. This thoughtful and carefully organized

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guidebook acts as a
beginner's guide to those
who may be interested in
learning more about this
wise and ancient practice.
Placing emphasis on
meditation and understanding
the core concepts of
Buddhism allows the reader
to apply its teachings to
make their lives fuller and
healthier. As published in
Psychology today on June 3,
2013 researchers at Wake
Forest Baptist Medical
Center published a study
titled "Neural Correlates of
Mindfulness Meditation-
Related Anxiety Relief"
showing the power of
mindfulness meditation to
reduce anxiety. Mindfulness

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**widely practiced and ancient
religion Buddhism, one of the
world's most widely practiced
religions, is a fascinating yet
complex eastern religion that
is rapidly spreading
throughout western
civilization. What does it mean
to be a Buddhist? What are the
fundamental beliefs and
history behind this religion?
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explores these questions and
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truth, a student of religions, or just curious about what makes Buddhism such a widely practiced religion, this guide is for you. In plain English, it defines the important terms, explains the key concepts, and explores in-depth a wide range of fascinating topics. New and expanded coverage on all the schools of Buddhism, including Theravada, Tibetan, and Mahayana The continuing relevance of the Dalai Lama Updated coverage on daily observances, celebrations, styles, practices, meditation, and more Continuing the Dummies tradition of making the world's religions engaging

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the content is the same as the
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**you where it began, how it
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will change your life for the
better. Each different sect
brings with it a set of valuable
lessons. To understand the
practice, it's important that
you learn about the man who
started Buddhism, and his
path to enlightenment. Then
you can start your own. In
Buddhism for Beginners, I walk
you through the key premise
of Buddhism, a journey from
suffering (dukkha) to the
cessation of that suffering
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In today's modern age,
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popular spiritual practice.*

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Many people find their day-to-
day lives lacking in something*

*essential, and once they
venture into Buddhism, it*

*seems to be that they discover
something quite worth
implementing in their own
lives.*

*A Vietnamese monk clarifies
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Buddhism, reveals its roles in
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(Buddhism for Beginners, Zen)

From the outside, Buddhism seems like a bundle of contradictions wrapped inside a paradox. It is a religion without a god, a belief system without rules, and a faith that encourages its adherents to question everything, including its own teachings. You could spend a lifetime studying Buddhist texts and following its observances and still feel like you've only just barely scratched the surface. Yet, over the past 2500 years, this lovely religion that preaches compassion, generosity,

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tolerance, selflessness and self-awareness has commanded the fervent devotion of hundreds of millions of people around the world who believe it to be the true path to enlightenment. If you're curious about Buddhism but feel intimidated by all the exotic jargon and strange trappings, this book is for you. Written by two leading American Buddhist teachers and scholars, it offers you a uniquely friendly way to explore the fascinating history of Buddhism and discover: Who Buddha was and his significance in world history and spirituality How the practice of Buddhism can enrich your

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everyday life How Buddha's teachings combine to create a path to enlightenment Daily observances and meditation practices How to fulfill your highest potential through Buddhism In plain English, experts Jonathan Landaw and Stephan Bodian define the important terms, explain the key concepts and explore, in-depth a wide range of topics, including: Buddha's life and teachings and the evolution of the major Buddhist traditions How Buddhism works as a religion, philosophy of life and a practical approach to dealing with life's problems, all rolled into one The

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idea that the mind is the source of all happiness and suffering. How the practices of wisdom and compassion can connect you with your inner spiritual resources. Meditation and other core Buddhist practices and how they can affect your everyday life. How to apply Buddhist teachings at each stage along the spiritual path. Whether you're a searcher of truth, a student of religions, or just curious about what's got Richard Gere and all the rest of those celebrity Buddhists so excited, Buddhism For Dummies is your intro to Buddhism basics. An open heart is the dwelling place of compassion that

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extends toward all beings; a clear mind is the source of the penetrating wisdom of deep insight. Their union leads to the enlightened way of life that is at the heart of the spiritual path as taught by the Buddha. This introduction to his teaching is thorough yet wonderfully accessible, even to those with no previous knowledge of Buddhism. Thubten Chodron writes in an easy-to-understand manner as she skillfully relates the Buddha's wisdom to the realities of our modern lives. If you want to learn how Buddhism can SKYROCKET your peace and happiness in

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daily life then keep reading... Do you want to learn the fundamentals of Buddhism? Do you want to learn it in a PRACTICAL manner that actually improves your day to day life? Do you want to learn it in an easy to understand manner? Buddhism now is more popular than it has been in decades, the Buddha's incredible teachings are starting to get the recognition they deserve. What has happened recently is a wave of books that only go over the theory of Buddhism and don't cover the most important aspect-how Buddhism can transform your daily life and revolutionize

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you as a person. As a practicing Buddhist, I came to the realization that while memorizing the 4 Noble Truths is great, what's more important is living the teachings, and allowing them to permeate into your life. Not only that, but for us Westerners we need a slightly different approach than the Monks, we have busy and demanding lives and Buddhism can still help us live in harmony! We've all seen the studies on Mindfulness, such as the 2011 study in the Psychiatry research showed how Mindfulness Meditation can literally change our brain chemistry or how a 2009 Harvard

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study proved Mindfulness can help fight disease through the 'relaxation effect.' But, this won't have any impact on you until you start PRACTICING Mindfulness and Meditation, memorizing the 5 hindrances doesn't have quite the same effect unfortunately.

Anyways, here is just a slither of what you will discover inside... -

- The 1 Practice the Buddha recommended that will make you the Happiest version of yourself!
- How to use the 4 Noble truths to ELIMINATE suffering in your life - What 'Awakening' is and how to actually awaken yourself!
- The 5 Secrets Buddhist Monks use to become effortlessly happy

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every single day - Why this 1
daily practice will help you find
serenity in the most crazy times
of your life - A simple, yet
incredibly effective, meditation
technique to help you relieve
stress and feel more at peace
even if you've NEVER meditated
before - 7 Practical tips to help
you free yourself from the
tyranny of your own mind - The
truth about Karma and how it can
genuinely help you transform
your life (Most westerners don't
know this) - How to practice
Buddhism on your own terms, in
your own way (Remember it's a
personal practice!) - Why more
average westerners are

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becoming Buddhist than ever before AND increasing their happiness levels at the same time - What Buddhists know about true peace that you don't - How to live your life in the present moment with the help of these 5 Practices - Tips and Strategies for making all of the teachings part of your 'Everyday Buddhism' practice - The Startling truth about why the most important part of Buddhism is the PRACTICAL applications of the teachings - And that is barely even scratching the surface! Even if you have no idea what Karma really is or don't even have a clue what this whole

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Mindfulness craze is all about, this book outlines an easy to digest way how the incredible teachings of the Buddha can transform your life! So, if you want the Essential Buddhist teachings delivered in the most practical manner to help you live a life full of joy and happiness then scroll up and click "Add to Cart."

Buddhism for beginners A simple guide to practicing and understand Buddhist teachings, to meditation and peace within. From the birth and evolution of Buddhism to the present day Are you interested in meditation and you want peace in your life? Do

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you want to practice Buddhism, but you don't manage to understand it? Then keep reading to find the answer to all of your questions! Many people think about religion when they hear the word Buddhism, but some of them deny it because Buddhism doesn't say anything about loving a divinity. The ones that really knows what Buddhism is say that it consists in a way of thinking, a lifestyle. Buddhism started from the Asia continent and expanded all over Europe and America too. It is a famous lifestyle, and a lot of people want to try it. But to start being a Buddhist you will need a good

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guide to lead your way! Here it is what you will find inside the book: What is Buddhism How to use incense sticks and what is their meaning 10 facts you didn't know about Buddhism The American Buddhism Which are the symbols of Buddha in Gardens ...and much more! Along this book you will find out that Buddhism is an exceptionally unpredictable convention that can be seen as a religion or something completely different; it only depends upon the way that you take a gander at it. So what are you waiting for? Don't you want a peaceful life? Then scroll the page and

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Wherever You Go, There You
Are

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Understanding & Practicing
Buddhism Techniques is one of
the world's oldest spiritual
traditions - having existed
for more than 2500 years.
It's currently practiced by
more than 480 million people
all across the globe. While
countless religions have
been abandoned through the
centuries, the insights and
practices of Buddhism are
still carried on today in
every corner of the world.
In this beginner's guide, we
will provide the basic
outlines of the
understanding of the world
that informs Buddhist
practice. Key concepts and
terms will be introduced one
by one. In this way, it will

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be easier to grasp the way
Buddhists see the world and
the nature of human
existence. This is vital to
learn if you aim to walk the
path yourself. Understanding
key concepts -

enlightenment, true self,
the nature of reality, and
the causes of suffering -
are fundamental to guiding
meditation practice and a
Buddhist way of life. During
the course of this book we
will explore: Siddhartha
Gautama & the Origin of
Buddhism The Nature Of A
"Buddha" Buddhism Today The
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prepared venture onto a road
of great discovery and inner
peace.

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movement that knows no
bounds, getting stronger and
stronger like a snowball
rolling down a mountain,
getting bigger and more
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found their way into the
halls of everyday life. But,
what's the backdrop here?

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of Buddhism that makes it
the world's fourth-largest
religion? In this book, we
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story behind this religion,
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take on suffering, karma,
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Practicing the five precepts
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enlightenment and Practicing
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spiritual journey of
discovery and wonder. One

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that you will remember for
the rest of your life and
open your soul to the
endless possibilities of
spiritual enlightenment. So,
whether you're looking to
learn more about Buddhism or
currently practice as a
monk, this book will be your
go-to guide on all things
related to Buddhism. Take
that first step towards
spiritual growth today you
won't regret it. "Teach this
triple truth to all: A
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which renew humanity." -
Buddha

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religion and don't know
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where to start? Do you want
to get a feel about the
Buddhist religion before you
take it further? Look no
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for you! This short book
teaches you about Buddhism
in 15 minutes. Here's what
you will learn in this book;
you will learn about the
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and Buddhism, teachings of
Buddha, about Buddhist
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precepts, how to practice
Buddhism and more.

Buddhism is general not
considered a religion by its
Abrahamic counterparts
because of its spiritual and
individual nature, rather
than following a strict
deity. Even the name
Buddhism doesn't mean that
they really pray to Buddha,
but rather try to emulate
the ways of Buddha - the man
that reached enlightenment.
Secular Buddhism

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integration of Buddhism
into daily life. What are the
distinctive features of
Buddhism? Who was the
Buddha, and what are his
teachings? How has
Buddhist thought developed
over the centuries, and how
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be faced from a Buddhist
perspective? Words such as
'karma' and 'nirvana' have

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inequality and injustice. It gives us the purpose of life, while providing a moral code and way to lead a life filled with zen and happiness. This book is aimed at people wanting to learning about Buddhism. In this book I'll discuss the basic principles and tenets of Buddhism, Buddhist teachings and Buddhist rituals, along with how you can incorporate Buddhism into your daily life. Inside You Will Learn: A Brief Introduction to Buddhism The Four Noble Truths / The Eight Fold Path / The Five Precepts Karma,

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draws on traditional Indian,
Chinese, Japanese, and
Tibetan sources as well as
teachings by contemporary
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**to Enlightenment, often referring to the former as one of his main sources of inspiration for the practice of compassion. With clear, accessible language and the familiar sense of humor that infuses nearly all of his work, the Dalai Lama invites us all to develop innermost awareness, a proper understanding of the nature of reality, and heartfelt compassion for all beings. This book was previously published under the title *Lighting the Way*.
The Buddha and His Teachings
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and socially. You (as I and many

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others) are often conditioned by society's stereotypes to accept certain conditions as normal and focus your attention on things that are out of your power. The result? Stress and anxiety add on and life is unfulfilled. But this does not have to be the way... The study of the meaning of life, inner peace, and elimination of suffering can help you to overcome life's most difficult challenges and develop long-lasting happiness. With over 500 million international practitioners, and its philosophical principles backed up by modern science, Buddhism is now established as an ancient science of the mind. The authentic positive benefits it brings to your daily life can totally transform your emotions, and reduce stress and anxiety. It focuses on using

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notions and overarching thesis of

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and to recognize yourself as part of the

whole Buddhism's relevance today

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A national bestseller and acclaimed guide to Buddhism for beginners and practitioners alike In this simple but important volume, Stephen Batchelor reminds us that the Buddha was not a mystic who claimed privileged, esoteric knowledge of the universe, but a man who challenged us to understand the nature of anguish, let go of its origins, and bring into being a way of life that is available to us all. The concepts and practices of Buddhism, says Batchelor, are not something to believe in but something to do—and as he explains

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three trainings, and karma
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and its result are
discussed in non-technical
language, along with the
Buddha's message on social
wellbeing. The author goes
on to chronicle his own
involvement as an observer-
participant in "the
Theravada world," where he
was born and raised. His
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account of living
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world at large at the dawn of the twenty-first century. He concludes with a discussion on what is happening to Theravada today across the globe, covering issues such as diaspora Buddhism, women's Buddhism, and engaged Buddhism. The book's accessible language and clear explication of Theravada doctrine and texts make this an ideal introduction for the student and general reader.

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reader on the various ways
they can be able to
actualize a simple but
happy life through
Buddhism. It will
enlighten the user on the
various ways the Buddha
worked to become
enlightened and eventually
got to rid himself of the
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emphasis is made on
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material achievements to
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the detriment of the inner
Thiền Đạo
psyche and true happiness.
This over-emphasis on
physical things has robbed
many people of meaning and
inner peace, condemning
them to the never-ending
vicious cycle of having to
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out of living and you are
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out of your dilemma, if you're tired of the rat race that is modern living, then turning to Buddhism might just change your life. Just one problem... Modern Buddhism is laden with modern trappings that are designed to get people to just "feel good" and detracts from the founding principles of Buddhism that withstood the test of time for over 20 centuries. Buddhism is often conflated with religion when it is simply a philosophy for discovering your truth and

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the most commonly asked questions—beginning with “What is the essence of the Buddha’s teachings?”—and provides simple answers in plain English. Thubten Chodron’s responses to the questions that always seem to arise among people approaching Buddhism make this an exceptionally complete and accessible introduction—as well as a manual for living a more peaceful, mindful, and satisfying life. Buddhism for Beginners is an ideal first book on the subject for anyone, but it’s also a wonderful resource for seasoned students, since the question-and-answer format makes it easy to find just the topic you’re looking for, such as:

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author), sixteen illustrations, and
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bestseller lists nationwide and sell over 750,000 copies to date. Ten years later, the book continues to change lives. In honor of the book's 10th anniversary, Hyperion is proud to be releasing the book with a new afterword by the author, and to share this wonderful book with an even larger audience.

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this guide is to inform you of
exactly what you need to know
to get started in Buddhism.
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what Buddha's exact
teachings were; in this way
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