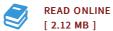




# Introduction to Buddhism: An Explanation of the Buddhist Way of Life (2nd Revised edition)

By Kelsang Gyatso

Tharpa Publications. Paperback. Book Condition: new. BRAND NEW, Introduction to Buddhism: An Explanation of the Buddhist Way of Life (2nd Revised edition), Kelsang Gyatso, Beginning with Buddha's life story, this concise guide explains the essential elements of the Buddhist way of life, such as understanding the mind, rebirth, karma and ultimate truth, and what it means to be a Buddhist. Meditation is explained clearly and simply as a tool for developing qualities such as inner peace, love and patience. The emphasis throughout is on the practical application of Buddhist ideas and practice to finding solutions to everyday problems. Those interested in Buddhism and meditation will find this book a rich source of guidance and inspiration.



#### Reviews

Merely no phrases to describe. It generally does not price an excessive amount of. Its been designed in an extremely simple way in fact it is simply soon after i finished reading through this pdf through which really altered me, modify the way i really believe. -- Natasha Rolfson

This is the finest ebook i have got read through till now. It really is full of wisdom and knowledge You wont sense monotony at anytime of the time (that's what catalogs are for relating to in the event you ask me). -- Mr. Edison Roberts IV

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