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The Naked Buddha: A Practical Guide to the Buddhas Life and Teachings

By Adrienne Howley

Da Capo Press. Paperback. Condition: New. 288 pages. Dimensions: 7.2in. x 5.5in. x 0.6in. Although a widely observed and respected practice in America, Buddhism is still difficult for many seekers to thoroughly grasp. Now, Adrienne Howley and 8212; personally ordained by His Holiness the Dalai Lama and one of the highest ranking Buddhist nuns in the world and 8212; writes in a warm, simple, and engagingly humorous style that illustrates the life, ideas, and teachings of the Buddha and the religion and philosophy that he inspired. This charming guide demystifies Buddhism and shows how we can apply its teachings to our lives in useful and meaningful ways. Howley covers who Buddha was and how he came to formulate his philosophy, the three main Buddhist traditions, what ordinary Buddhists believe and practice today, and meditation: how and why. There are also answers to questions most commonly asked by non-Buddhists, including: How can Buddhism make me happy How can I always practice generosity and How can I move away from greed and hatred The Naked Buddha is an accessible, down-to-earth introduction to this ancient Asian religion and a valuable addition to the literature on Buddhism. This item ships from multiple locations. Your book...



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Reviews

Complete guideline! Its such a excellent read. This really is for all who statte there had not been a worth studying. It is extremely difficult to leave it before concluding, once you begin to read the book.

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