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Buddhism: A Complete Introduction: Teach Yourself

By Clive Erricker

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Buddhism: A Complete Introduction: Teach Yourself, Clive Erricker, Buddhism: A Complete Introduction is a comprehensive and easy-to-use introduction, designed to give you everything you need to succeed, all in one place. Written by a leading expert, this book will help you if you are studying for an important exam or essay, or if you simply want to improve your knowledge. It is structured to mirror the way in which Buddhism is usually taught, starting with the life of the Buddha through to the prospects of Buddhism for the next generation. The book covers all the key areas that are considered central to Buddhism, including the Buddha's teachings, the scriptures and schools, the role of meditation and the moral and ethical context. It uses jargon-free English and includes features such as guided further reading and end of chapter questions to ensure that you understand all the concepts covered. Buddhism: A Complete Introduction includes: Chapter 1: Buddhists and Buddhism Who are Buddhists? The Three Jewels The Three Refuges Buddhist Practice In conclusion Chapter 2: The life of the Buddha The Buddha's significance The Four Sights Going forth Self-mortification The enlightenment Turning...



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