

The Everything Essential Buddhism Book: A Guide to the Fundamental Beliefs and Traditions of Buddhism, Past and Present (Everything Series)

Arnie Kozak

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The Everything Essential Buddhism Book is your beginner's guide to the Buddhist principles of nonviolence, mindfulness, and self-awareness. Learn about the deceptively simple truths of this enigmatic religion, including:

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- Buddha's teachings and the Four Noble Truths of Buddhism
- The Noble Eightfold Path and how it should guide you
- What the Sutras say about education, marriage, sex, and death
- The proven physiological effects of meditation
- The growing impact of Buddhism on modern American culture

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