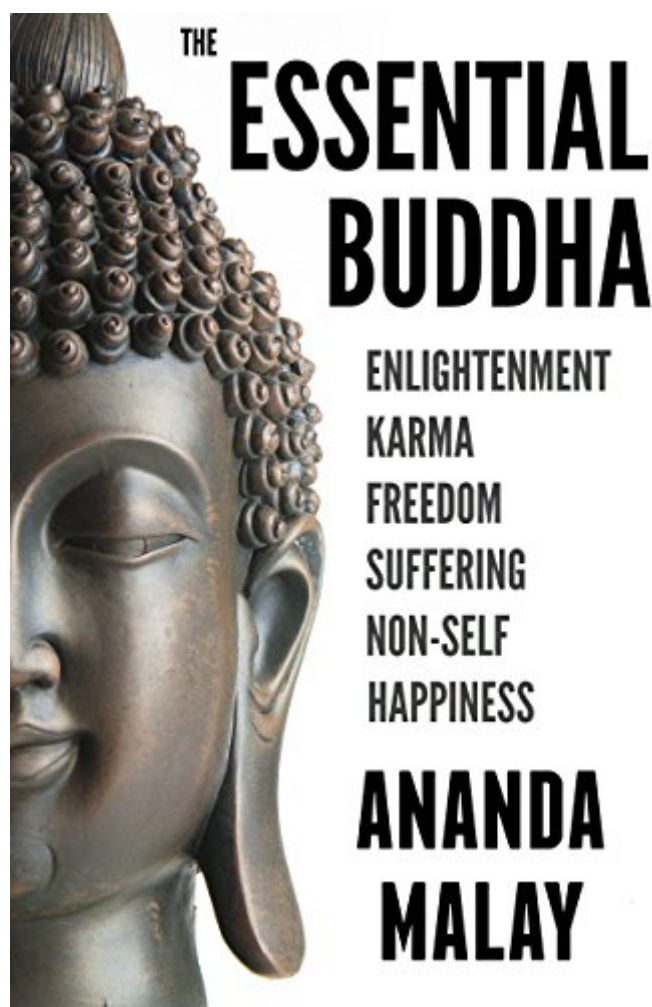


The book was found

The Essential Buddha: Core Teachings On Enlightenment, Karma, Freedom, Suffering, Non-Self, And Happiness



Synopsis

Buddha's Core Teachings In One PlaceBONUS: How to Make Spiritual Progress, included at the end of the book.A young man once asked Buddha to explain the essence of the Teaching. "If you cling, you are bound. If you do not cling, you are free," Buddha replied. In the spirit of Stephen Mitchell's Tao Te Ching, The Essential Buddha is a free-flowing and a lucid collection of Buddha's core teachings on:- Enlightenment- Karma- Freedom- Suffering- Non-self- Happiness- ...and others.

Book Information

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Customer Reviews

Good overall, would have been helpful to have more explanation. I liked it, and it didn't take long to go through.

Definitely a must-read for anyone. Really, because words found in this book can be useful for all human beings.

I enjoyed this book some what it was a tad bit dry. It had a lot of important points it made.

Excellent selection of core sayings by Buddha.

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