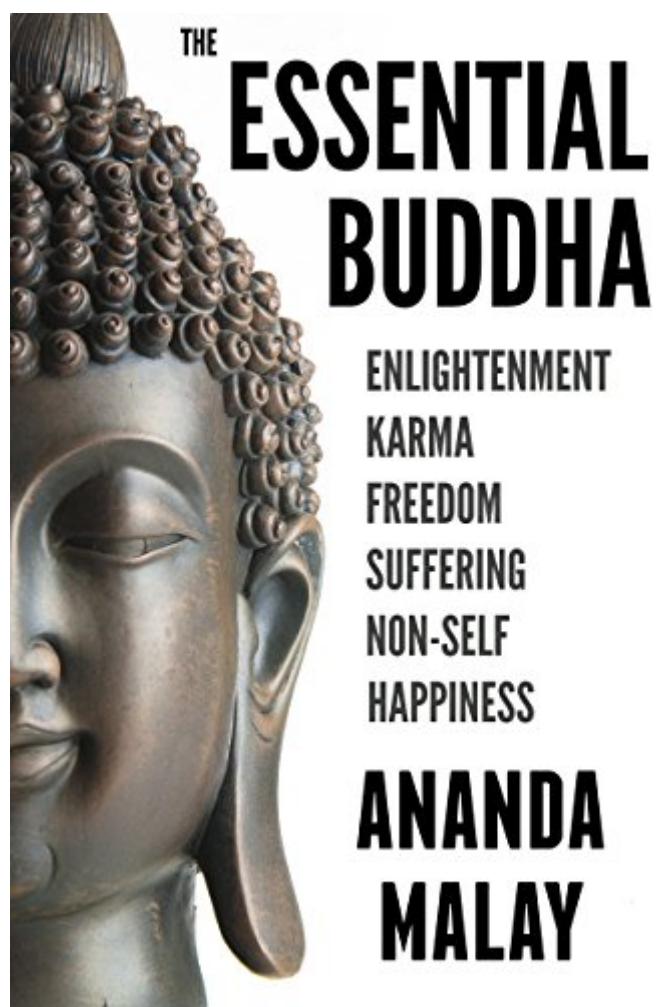


The book was found

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. â œlf you cling, you are bound. If you do not cling, you are free,â • 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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