

The Essence of Buddhism

By Jo Durden Smith

Description

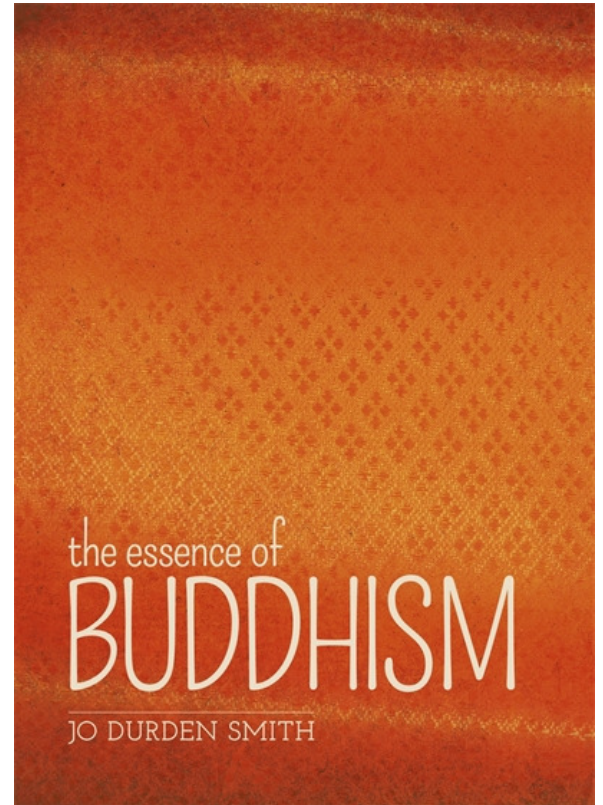
Through its elucidation of the definitive Buddhist texts, this splendid introduction puts into perspective one of the world's most significant religions and reveals that it is relevant now as at any time in its 3,000 year history.

Key Selling Points

- In recent years increasing numbers of people have been turning to Buddhist ethics for a greater understanding of themselves and their place in the world: the religion's principles of non-violence, mindfulness, and self-awareness resonating among those who feel distracted and conflicted in their daily lives.
- Features a fine selection of the diverse teachings of Buddha. These spiritual thoughts and teachings may be used as effective, practical and enjoyable tools for creating a better life.
- Clear and concise, perfect for a newcomer to get to grips with the basics of the movement

Author Information

A multi-talented research communicator whose regular work includes Granada Television, The Village Voice - New York, Macleans Magazine, Canada.



Publication Date: March 2017

Format: 216mm x 135mm, One colour
Extent: 240 pages (Paperback)

BIC Category: Buddhism (HRE), Educational:
Religious Studies: Buddhism (YQRN4)

Price: £7.99