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Buddhism Plain And Simple

*In this simple yet important book,
Noah Rasheta takes profound
Buddhist concepts and makes them
easy to understand for anyone trying*

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*to become a better whatever-they-
already-are.*

*A concise and up-to-date guide to the
history, teachings, and practice of
Buddhism by two luminaries in the
field of world religions.*

Does Buddhism require faith? Can an

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atheist or agnostic follow the Buddha's teachings without believing in reincarnation or organized religion? This is one man's confession. In his classic Buddhism Without Beliefs, Stephen Batchelor offered a profound, secular approach to the

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teachings of the Buddha that struck an emotional chord with Western readers. Now, with the same brilliance and boldness of thought, he paints a groundbreaking portrait of the historical Buddha—told from the author's unique perspective as a

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former Buddhist monk and modern seeker. Drawing from the original Pali Canon, the seminal collection of Buddhist discourses compiled after the Buddha's death by his followers, Batchelor shows us the Buddha as a flesh-and-blood man who looked at

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life in a radically new way. Batchelor also reveals the everyday challenges and doubts of his own devotional journey—from meeting the Dalai Lama in India, to training as a Zen monk in Korea, to finding his path as a lay teacher of Buddhism living in

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France. Both controversial and deeply personal, Stephen Batchelor's refreshingly doctrine-free, life-informed account is essential reading for anyone interested in Buddhism. A national bestseller and acclaimed guide to Buddhism for beginners and

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practitioners alike In this simple but important volume, Stephen Batchelor reminds us that the Buddha was not a mystic who claimed privileged, esoteric knowledge of the universe, but a man who challenged us to understand the nature of anguish, let go of its origins,

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and bring into being a way of life that is available to us all. The concepts and practices of Buddhism, says Batchelor, are not something to believe in but something to do—and as he explains clearly and compellingly, it is a practice that we can engage in,

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*regardless of our background or
beliefs, as we live every day on the
path to spiritual enlightenment.*

No-nonsense Buddhism for Beginners

The Trial

*The Practice of Being Aware, Right
Now, Every Day*

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*A Guide Through the Perils and
Promises of Spiritual Life
Beginner's Guide to Understanding &
Practicing Buddhism to Become Stress
and Anxiety Free
An Inquiry Into Science, Philosophy,
and Perception*

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True compassion is universal in scope. It is accompanied by a feeling of responsibility, said the Dalai Lama. This text provides a philosophy for our troubled times, and reveals a clear path to spiritual growth and enlightenment. It covers such themes a

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peace, love, religion, and justice.

An excellent, practical introduction to Zen meditation. Written in a warm and easily accessible style, the book appeals to anyone with an interest in meditation, Zen, or, as is often the case today, a combination of the two. The

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book emphasizes the importance of receiving good instruction and of finding groups to practice with, yet it lays out the necessary steps to practicing Zen meditation on your own. The book includes easily followed exercises to help the reader along. For anyone

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looking to uncover a clear and insightful path into the philosophy and practice of Zen meditation, this book represents the culmination of that search

According to the Buddha, the path of kindness is the path of happiness. Now

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Sylvia Boorstein, nationally bestselling author of *It's Easier Than You Think*, has taken the 2500-year-old practice of developing the qualities of a compassionate heart—the core of the Buddha's own practice—and made it accessible to all. Pay Attention for

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Goodness' Sake is the first book ever to guide Western readers on the path of the Buddha's Ten Paramitas, the Perfections of the Heart. Boorstein combines traditional Buddhist teachings and parables with stories from her own life, as well as easy-to-

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follow meditations, to show how the practice of Mindfulness—paying attention in everyday life—can lead to these perfections that all of us strive for, including Generosity, Morality, Wisdom, Energy, Patience, Determination, and Equanimity. When

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we take on this practice, Boorstein notes, "our vision becomes transformed. We see, with increasing clarity, the confusion in our own minds and the suffering in our own hearts. . . And we also see the extraordinariness of life, how amazing it is that life

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exists." Boorstein's lively and practical lessons about everyday generosity, morality, making and mending mistakes, the bliss of blamelessness, and other human concerns and frailties, help to clarify our distractions and connect us with

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our own goodness, "the part of ourselves that wishes it had done differently." For Buddhist and non-Buddhist alike, *Pay Attention for Goodness' Sake* is a cheerful, inspiring book that offers the possibility of a transformed life.

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4th Edition Now Available with New Beautiful Images! "No matter how hard the past, you can always begin again."
- Buddha An ancient and deeply revered practice, Buddhism is even more popular now than it has been in decades. The secret behind its steady

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rise is due in part to the plethora of benefits Buddhism reaps upon those who practice it and apply its teachings to their lives. Through mindfulness and meditation, Buddhism injects peace and clarity into the minds and lives of those who dedicate themselves to it.

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Those wonderful benefits can be a part of your life as well through the careful study of its various tenets. In Buddhism, this thoughtful and carefully detailed guidebook acts as a beginner's guide to those who may be interested in learning more about this ancient and

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wise practice. Placing emphasis on meditation, yoga, and understanding the core concepts of Buddhism allows the reader to apply its teachings to make their lives fuller and healthier. If you are curious about Buddhism and want to find the answers you seek, the

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look no further than this qualitative guidebook. Full of information on the various aspects of Buddhism, meditation, yoga, and more, Buddhism stands apart as a concise and practical guide to infusing your life with its many teachings. Here's what to expect

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in the Beginner's guide: What
Buddhism is and what its teachings are
The core concepts of Buddhism:
karma, suffering, nirvana, and
reincarnation The practice and benefits
of yoga The four noble truths
Practices, treasures, and poisons of

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Buddhism How to practice the five precepts of Buddhism How to practice mindfulness in order to reduce stress and anxiety And much, much more! The choice is now yours. Open yourself to the benefits of a life free of stress and anxiety through the understanding

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and practice of Buddhism. A clear and peaceful mind awaits you along your spiritual journey through its tenets and teachings. Begin your journey towards a better life and grab your copy of Buddhism: Beginner's Guide today! Plain and Simple Guide to Buddhist

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Tibetan Buddhism, and Mindfulness
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Practicing the Perfections of the
Heart--The Buddhist Path of Kindness
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A Collection of Speeches, Quotations,
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An Unusually Hardcore Dharma Book
- Revised and Expanded Edition
In simple and straightforward
language, Bhante Gunaratana shares
the Buddha's teachings on

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mindfulness and how we can use these principles to improve our daily lives, deepen our mindfulness, and move closer to our spiritual goals. Based on the classic Satipatthana Sutta, one of the most succinct yet rich explanations of meditation,

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Bhante's presentation is nonetheless thoroughly modern. The Satipatthana Sutta has become the basis of all mindfulness meditation, and Bhante unveils it to the reader in his trademark "plain English" style.

Contemplating the Four Foundations

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of Mindfulness--mindfulness of the body, of feelings, of the mind, and of phenomena themselves--is recommended for all practitioners. Newcomers will find *The Four Foundations of Mindfulness in Plain English* lays a strong groundwork for

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mindfulness practice and gives them all they need to get started right away, and old hands will find rich subtleties and insights to help consolidate and clarify what they may have begun to see for themselves. People at every state of the spiritual path will benefit

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from reading this book.

The "Core Teachings of the Dalai Lama" series begins with this small book of teachings by His Holiness, the perfect introduction to traditional Tibetan Buddhist thought and practice. There is no one more suited

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to introduce beginners—and remind seasoned practitioners— of the fundamentals of Tibetan Buddhism than His Holiness the Dalai Lama. Speaking to an audience of Western students, the Dalai Lama shows us how to apply basic Buddhist

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principles to our day-to-day lives. Starting with the very foundation of Buddhism, the Four Noble Truths, he provides the framework for understanding the Buddha ' s first teachings on suffering, happiness, and peace. He follows with commentary

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on two of Buddhism ' s most profound texts: The Eight Verses on Training the Mind and Atisha ' s Lamp for the Path to Enlightenment, often referring to the former as one of his main sources of inspiration for the practice of compassion. With clear,

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accessible language and the familiar sense of humor that infuses nearly all of his work, the Dalai Lama invites us all to develop innermost awareness, a proper understanding of the nature of reality, and heartfelt compassion for all beings. This book was previously

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published under the title Lighting the
Way.

This book encompasses the essence of
love and compassion, offering
practical wisdom for our everyday
lives. Whoever you are, whatever
your beliefs, you are the creator of

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your own happiness.

This work provides a clear, straightforward treatise on Buddhism in general and awareness in particular - the book is all about being "awake" and in touch with what is going on here and now. The author's

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observations and insights are plain, practical and down-to-earth and deal exclusively with the present, not with theory, speculation or belief in some far-off time or place. This book should be of interest to anyone wanting to discover (or rediscover)

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the essence of Buddhism in accessible language, free of all the trappings and religious ritual. 1999, c1997.

Plain & Simple

Buddhism for Beginners

Buddhism Briefly Explained

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Why the World Doesn't Seem to
Make Sense

A Monk's Guide to a Clean House
and Mind

Buddhism has seen a
resurgence from time to time
during our history. This is

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because its beliefs and spiritual practices seem to resonate with people when they are feeling lost, or in need of guidance. Buddhism sums up the basic essence of Buddhism. This book is going to help you

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better understand what Buddhism is, how it can benefit you, and how you can apply it in your routine life. Buddhism provides you with deep information related to the worldly pleasures, your desires,

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and everything that prevents you from acquiring inner peace and happiness. Moreover, it also guides you on how you can battle all your obstructions, both the inner and outer ones, to gain complete peace of mind.

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Inside You'll Find: Chapter 1:
Buddhism-Detailed Insight Into
Buddhism And How It Came Into
Being Chapter 2: Getting to
Know Buddhism a little more
Chapter 3: Is Buddhism A
Religion Or Not? Chapter 4: A

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different Type of Buddhism: The
Basics of Zen Chapter 5:
Practicing the Teachings
Chapter 6: Different Buddhist
Traditions: How We Act on Our
Practice Chapter 7: Beliefs in
Buddhism Chapter 8: Vipassana

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surrounding meditation and provides an accessible and thorough manual for newcomers and experienced practitioners alike. Inside you will find: Simple practices to avoid needlessly complicating

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meditation Where most of us
get stuck in meditation—and
how to get unstuck A unique
focus on meditation not simply
as a spiritual technique, but as a
way of living

Upasika Kee was a uniquely

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powerful spiritual teacher. Evocative of the great Ajahn Chah, her teachings are earthy, refreshingly direct, and hard-hitting. In the twentieth century, she grew to become one of the most famous teachers in

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Thailand--male or female--all the more remarkable because, rarer still, she was not a monastic but a layperson. Her relentless honesty, along with her encouraging voice, is one reason so many contemporary

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Buddhist teachers recall Upasika Kee so fondly, and so often. With this book, readers seeking something reminiscent of the classic Mindfulness in Plain English can receive instruction on meditation practice as they

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become acquainted with the legacy of a renowned Buddhist figure. Pure and Simple, the first widely-available collection of her writings, will be gratefully received not only by those who knew Upasika Kee, but by

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anyone who encounters her for the first time in its pages.

With over a quarter of a million copies sold, Mindfulness in Plain English is one of the most influential books in the burgeoning field of mindfulness

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and a timeless classic introduction to meditation. This is a book that people read, love, and share - a book that people talk about, write about, reflect on, and return to over and over again. Bhante Gunaratana is

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also the author of Eight Mindful Steps to Happiness, Beyond Mindfulness in Plain English, The Four Foundations of Mindfulness in Plain English, and his memoir Journey to Mindfulness.

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Buddhism Plain and Simple
Buddhism: Buddhism Plain and
Simple Beginners Guide
(Meditation Techniques,
Acceptance and Spiritual
Practice
Mastering the Core Teachings of

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the Buddha

The Dalai Lama's Book of
Wisdom

Zen Meditation in Plain English
An Introduction to Buddhism

In this wise and original book, science
writer and Zen priest Steve Hagen helps

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us to perceive the world as it is, not merely as we conceive it to be. This revised and updated edition includes new scientific understandings and clarifications of some of the more complex ideas. "Read this book: it will change how you look at things." – Nick Herbert, Ph.D., author of Quantum

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Reality

The very idea that the teachings can be mastered will arouse controversy within Buddhist circles. Even so, Ingram insists that enlightenment is an attainable goal, once our fanciful notions of it are stripped away, and we have learned to use meditation as a

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method for examining reality rather than an opportunity to wallow in self-absorbed mind-noise. Ingram sets out concisely the difference between concentration-based and insight (vipassana) meditation; he provides example practices; and most importantly he presents detailed maps

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of the states of mind we are likely to encounter, and the stages we must negotiate as we move through clearly-defined cycles of insight. Its easy to feel overawed, at first, by Ingram's assurance and ease in the higher levels of consciousness, but consistently he writes as a down-to-earth and

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compassionate guide, and to the practitioner willing to commit themselves this is a glittering gift of a book. In this new edition of the bestselling book, the author rearranges, revises and expands upon the original material, as well as adding new sections that bring further clarity to his ideas.

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This is a book about awareness - it's about being 'awake' and in touch with what is going on here and now.

Practical and down-to-earth, it deals exclusively with the present, not with speculation, theory or belief in some far-off time and place. The teachings of the Buddha are plain and straightforward,

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and because they remain focused on the moment they are just as relevant now as they have ever been. BUDDHISM PLAIN AND SIMPLE is the book for anyone wanting to discover, or rediscover, the essence of Buddhism. This easy-to-understand overview of the basics of Buddhism is an invaluable

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resource for the new or seasoned practitioner This user's guide to Buddhist basics takes the most commonly asked questions—beginning with “What is the essence of the Buddha's teachings?”—and provides simple answers in plain English. Thubten Chodron's responses to the

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questions that always seem to arise among people approaching Buddhism make this an exceptionally complete and accessible introduction—as well as a manual for living a more peaceful, mindful, and satisfying Life. Buddhism for Beginners is an ideal first book on the subject for anyone, but it's also a

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wonderful resource for seasoned students, since the question-and-answer format makes it easy to find just the topic you're looking for, such as: .
What is the goal of the Buddhist path? .
What is karma? . If all phenomena are empty, does that mean nothing exists? .
How can we deal with fear? . How do I

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establish a regular meditation practice?
· What are the qualities I should look
for in a teacher? · What is Buddha-
nature? · Why can't we remember our
past lives?

Secular Buddhism

The Little Book of Buddhism

Mindfulness in Plain English

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A Guide to Mindful Living

The Four Foundations of Mindfulness
in Plain English

The Extraordinary Teachings of a Thai
Buddhist Laywoman

This is a fun, unique book
that goes deep into the great

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mysteries of knowing—and makes it enjoyable. In *The Grand Delusion*, bestselling author Steve Hagen drills deeply into the most basic assumptions, strengths, and limitations of religion and

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belief, philosophy and inquiry, science and technology. In doing so, he shines new light on the great existential questions—Why is there Something rather than

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Nothing? What does it mean to exist? What is consciousness? What is the nature of truth?—and does so from an entirely unexpected direction.

Ultimately, this book reveals

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how all of our fundamental questions stem from a single error, a single unwarranted belief—a single Grand Delusion.

Bestselling author and renowned Zen teacher Steve

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Hagen penetrates the most essential and enduring questions at the heart of the Buddha's teachings: How can we see the world in each moment, rather than merely as what we think, hope, or

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fear it is? How can we base our actions on reality, rather than on the longing and loathing of our hearts and minds? How can we live lives that are wise, compassionate, and in tune

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with reality? And how can we separate the wisdom of Buddhism from the cultural trappings and misconceptions that have come to be associated with it? Drawing on down-to-

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earth examples from everyday life and stories from Buddhist teachers past and present, Hagen tackles these fundamental inquiries with his trademark lucid, straightforward prose. The

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newcomer to Buddhism will be inspired by this accessible and provocative introduction, and those more familiar with Buddhism will welcome this much needed hands-on

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guide to understanding what
it truly means to be awake.

By being challenged to
question what we take for
granted, we come to see the
world as it truly is.

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Think offers a profound and clear path to a life of joy and freedom.

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introductory guide to understanding the essential concepts of Buddhism and how they relate to your daily life. How is an awakening different from enlightenment? Can

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agnostics and atheists be
Buddhist? Am I supposed to
stop thinking when I
meditate? In No-Nonsense
Buddhism for Beginners,
renowned Buddhism teacher
and host of the popular

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Secular Buddhism podcast, Noah Rasheta, delivers an easily accessible introduction to the teachings of Buddhism that answers these common questions and many more. With No-

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Nonsense Buddhism for
Beginners you'll gain a
fundamental understanding
of Buddhism and how to
apply the philosophies in
your everyday life, through:
A simple 4-part structure

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addressing the different
aspects of Buddhism--the
Buddha, key Buddhist
concepts, the Buddha's
teachings, and current
Buddhist practices
Straightforward Q&A's that

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simplify the vital concepts of Buddhism into easy-to-understand ideas "Everyday Buddhism" Sidebars that make Buddhism less abstract by offering down-to-earth examples from

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everyday life Presented in a simple, conversational style, the information and guidance in No-Nonsense Buddhism for Beginners provides the groundwork that is necessary for

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building or continuing your
own Buddhist practice.

“The need for love lies at the
very foundation of human
existence.” —XIV Dalai

Lama The words of the Dalai
Lama resonate within each

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of us, empowered as they are by centuries of experience and a passionate, enduring spirit for peace on Earth. Tenzin Gyatso, the current and XIV Dalai Lama, has continued this grand

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legacy, traveling the world while spreading his personal doctrine of compassion and true understanding. And with each year that passes, more and more people come to know the Lama, and seek

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his wisdom on a breadth of topics, from world peace to a life well-lived. Presented in an elegant, attractive format, The Dalai Lama Book of Quotes collects the very best of the Lama's sage

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Book of Quotes touches on themes ranging from love, to spirituality, to happiness and humanity. This inspirational book makes a wonderful gift for anyone seeking greater personal well-being and a

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life informed by compassion and faith. Each thought from the Lama is sure to inspire and invigorate you throughout your day, as your eyes are opened to a more beautiful way of looking at

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the world. Simple and accessible for all ages, this inspirational title makes a great gift for anyone seeking to incorporate the wisdom of the ages and a love that transcends lifetimes into

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their daily life. From the
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Meditation Now or Never
What We Know But Don't
Believe

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Atheist

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The Practice of Not Thinking
A Path with Heart

The Five-Minute Buddhist

"Written in 1914 but not
published until 1925, a
year after Kafka's death,
The Trial is the

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terrifying tale of Josef K., a respectable bank officer who is suddenly and inexplicably arrested and must defend himself against a charge about which he can get no

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information. Whether read as an existential tale, a parable, or a prophecy of the excesses of modern bureaucracy wedded to the madness of totalitarianism, *The Trial*

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has resonated with
chilling truth for
generations of
readers"--Back cover.

Do you get stuck in your
head sometimes and feel
lost or anxious? Bring the

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lost harmony back into
your life by learning how
to live mindfully. We all
get entangled in the drama
of life (work, family,
personal goals etc.) and
end up living life

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compulsively rather than consciously. It is only human to make mistakes from time to time. When we make plans and they don't work in our favour, we often get frustrated or

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depressed. Unfortunately, some of us feel lost even if the plans actually do work out. So what can we do to effectively deal with this internal conflict? This has been a

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topic of focus in the East
for thousands of years.
And many methods and
philosophies have emerged
as a result of this with
Zen, Mindfulness &
Buddhism being some of the

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most famous. It definitely takes some practice but true happiness awaits the person that can detach their state of mind from the outcome of their efforts. The problem is

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that nobody ever gave us
the manual to live life
rightfully in the moment.
And many of the existing
guides suggest methods
that seem vague and hard
to follow after some time.

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In this 1+1 book bundle,
Mindfulness coach &
Buddhist monk Dharma
Hazari, will teach you how
to harness your natural
life force or "prana" and
re-adjust your alignment

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with the present. Among
other things, you will
learn: 10-minute
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can practice anywhere
anytime The #1 Technique
to calm your mind

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instantly in the face of
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tricks that Buddhist monks
use to become effortlessly
happy Different styles of
Mindfulness Meditation &
Picking your best match

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The most easy way of
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your productivity The
Subtle Shift that can
bring incredible depth &
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your mind in the
background (for Audiobook
only) How to develop a non-
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that reduces suffering &

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internal conflict You don't have to be a Zen master to benefit from the simple exercises taught in this book. If you were drawn to things like Meditation and Buddhism in

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the past but couldn't really observe a shift then this book is definitely for you. It will give you an easy way of setting up a 10-minute daily routine of

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mindfulness into your day-to-day activities. The practices taught in this book are extremely practical & have been clinically proven to show tremendous health benefits

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for the body & the mind.
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actively busy then
listening to the audiobook
is a good way to gain
value in the background
while you exercise, do

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BESTSELLER 'Practical and
life-changing ways to get
out of our heads and back
into really living' YOU
Magazine What if we could

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learn to look instead of
see, listen instead of
hear, feel instead of
touch? Former monk
Ryunosuke Koike shows how,
by incorporating simple
Zen practices into our

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daily lives, we can
reconnect with our five
senses and live in a more
peaceful, positive way.
When we focus on our
senses and learn to re-
train our brains and our

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bodies, we start to eliminate the distracting noise of our minds and the negative thoughts that create anxiety. By following Ryunosuke Koike's practical steps on

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how to breathe, listen,
speak, laugh, love and
even sleep in a new way,
we can improve our
interactions with others,
feel less stressed at work
and make every day calmer.

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Only by thinking less, can we appreciate more.

“A warm, profound and cleareyed memoir. . . this wise and sympathetic book’s lingering effect is as a reminder that a

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deeper and more
companionable way of life
lurks behind our self-
serious stories."—Oliver
Burkeman, New York Times
Book Review A remarkable
exploration of the

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therapeutic relationship, Dr. Mark Epstein reflects on one year's worth of therapy sessions with his patients to observe how his training in Western psychotherapy and his

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equally long investigation
into Buddhism, in tandem,
led to greater
awareness—for his
patients, and for himself
For years, Dr. Mark
Epstein kept his beliefs

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as a Buddhist separate from his work as a psychiatrist. Content to use his training in mindfulness as a private resource, he trusted that the Buddhist influence

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could, and should, remain invisible. But as he became more forthcoming with his patients about his personal spiritual leanings, he was surprised to learn how many were

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eager to learn more. The divisions between the psychological, emotional, and the spiritual, he soon realized, were not as distinct as one might think. In The Zen of

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Therapy, Dr. Epstein reflects on a year's worth of selected sessions with his patients and observes how, in the incidental details of a given hour, his Buddhist background

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influences the way he works. Meditation and psychotherapy each encourage a willingness to face life's difficulties with courage that can be hard to otherwise muster,

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and in this cross-section of life in his office, he emphasizes how therapy, an element of Western medicine, can in fact be considered a two-person meditation. Mindfulness,

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too, much like a good therapist, can “hold” our awareness for us—and allow us to come to our senses and find inner peace. Throughout this deeply personal inquiry, one

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which weaves together the wisdom of two worlds, Dr. Epstein illuminates the therapy relationship as spiritual friendship, and reveals how a therapist can help patients

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cultivate the sense that there is something magical, something wonderful, and something to trust running through our lives, no matter how fraught they have been or

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might become. For when we realize how readily we have misinterpreted our selves, when we stop clinging to our falsely conceived constructs, when we touch the ground of

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being, we come home.

Finding Freedom Beyond
Beliefs

Buddhism For Dummies

Getting Started in

Buddhism the Simple Way

Pure and Simple

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A Contemporary Guide to
Awakening

The Grand Delusion

***Buddhism Plain and Simple Tuttle
Publishing***

***Little known fact: Buddhist Monks
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academic researcher at the Oriental Institute, University of Oxford. She specialises in Tibetan Buddhism, and has worked on eleventh century manuscripts, an eighteenth century scriptural collection, and contemporary Buddhist ritual manuals and practice. She has

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