



## Buddhist Inspirations: Essential Philosophy, Truth and Enlightenment (Hardback)

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By Tom Lowenstein

Chartwell Books, United States, 2013. Hardback. Book Condition: New. Reprint. 174 x 172 mm. Language: English . Brand New Book. This book offers a superb distillation of Buddhist belief, practice and art. The book presents a fascinating kaleidoscope of all aspects of Buddhism, including Tantra, Zen and the Pure Land beliefs of Japan. The emphasis throughout is on the wisdom, healing power and beauty of Buddhism and on its relevance to those who seek an alternative to secular materialism. Buddhism has given immeasurable riches to the West a collection of profound and life-enhancing ideas, a host of beautiful works of art (from statues of the Buddha to Zen gardens) and a repertoire of spiritual practices from mantras to mindfulness that can change all our lives for the better.



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