



DOWNLOAD



The Five-Minute Buddhist: Getting Started in Buddhism the Simple Way

By Brian D Schell

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.A jargon-free, plain language introduction to the foundational ideas of Buddhism and real-world tips for practicing Buddhism while balancing life in the real, modern world. This book goes easy on the mystical mumbo-jumbo and simply introduces the ideas that will help you live in the present and feel different about the world and your place in it. Geared towards people who were raised outside of Asia and people with a secular or Christian background who want to learn more of the philosophy that can change your life. This toolkit gives short lessons in what Buddhism is, and more importantly, how to apply it in situations with which you are already very familiar. Section I: The Basics What is Buddhism? Who was Buddha? What Buddhists Don't Believe The Four Noble Truths The Eightfold Path Five Precepts Five Faultless Gifts Three Poisons Theravada Mahayana Pure Land Tantric Buddhism / Vajrayana Tibetan Buddhism Zen Buddhism Buddhist Symbolology Lotus Conch Parasol Golden Fish Treasure Vase Victory Banner Endless Knot Dharma Wheel Buddha Jokes Section II: QA And Special Topics Vegetarianism Beginner...



READ ONLINE
[2.17 MB]

Reviews

This book is great. it absolutely was writtern quite properly and beneficial. Its been written in an extremely basic way and it is merely after i finished reading through this ebook in which basically changed me, affect the way i really believe.

-- **Leopold Schmidt**

I actually started reading this publication. It is full of knowledge and wisdom You wont sense monotony at at any time of your respective time (that's what catalogs are for relating to should you check with me).

-- **Vilma Bayer III**