



## Introduction to Buddhism: An Explanation of the Buddhist Way of Life (2nd Revised edition)

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By Kelsang Gyatso

Tharpa Publications. Paperback. Book Condition: new. BRAND NEW, Introduction to Buddhism: An Explanation of the Buddhist Way of Life (2nd Revised edition), Kelsang Gyatso, Beginning with Buddha's life story, this concise guide explains the essential elements of the Buddhist way of life, such as understanding the mind, rebirth, karma and ultimate truth, and what it means to be a Buddhist. Meditation is explained clearly and simply as a tool for developing qualities such as inner peace, love and patience. The emphasis throughout is on the practical application of Buddhist ideas and practice to finding solutions to everyday problems. Those interested in Buddhism and meditation will find this book a rich source of guidance and inspiration.



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