



What Is Buddhism?

By Geshe Kelsang Gyatso

Tharpa Publications. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 9.8in. x 7.8in. x 0.2in. This book introduces the mind, as distinct from the brain, and invites the reader to explore and develop their mind using scientific methods taught by Buddha. Geshe Kelsang explains how the problems we encounter in life do not exist outside of ourself, but are part of our mind that experiences unpleasant feelings. Learning to control our mind, especially our desire, is the only way to bring all our problems to an end. What is Buddhism is the third book in the Buddhism for Children series. The Buddhism for Children series invites children to make a journey of self-discovery and self-improvement to help them realize their full potential. The series aims to show how everyone, Buddhist and non-Buddhist, can learn something from the teachings of Buddha. The Buddhism for Children series consists of 4 levels ranging from ages 4 to 10 and over. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



READ ONLINE
[9.75 MB]

Reviews

This pdf is indeed gripping and exciting. It is written in easy words and phrases and not confusing. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Alayna Kuphal**

The book is simple to read through better to fully grasp. It is really exciting through looking at periods of time. I discovered this publication from my i and dad encouraged this book to find out.

-- **Dr. Dillon Monahan**