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Thubten Chodron's responses to the 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.

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Talks addressing the most commonly asked questions about the essence of the Buddha's teachings, based on Venerable Thubten Chodron's book *Buddhism for Beginners*. Teachings given during the monthly Sharing the Dharma Day at Sravasti Abbey during 2012. View as a series: *Buddhism for Beginners* (SDD 2012).

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Venerable Thubten Chodron's *Buddhism for Beginners*. Venerable Thubten Chodron was a co-organizer of *Life as a Western Buddhist Nun*, and took part in the conferences of Western Buddhist teachers with H.H. the Dalai Lama in 1993 and 1994. Keen on interfaith dialogue, she was present during the Jewish delegation's visit to Dharamsala, India, in 1990,...

Venerable Thubten Chodron's Buddhism for Beginners

Rev Thubten Chodron is a teacher in a particular Tibetan tradition. Particulars about deities and reincarnation, the purposes of Buddhist practice, etc, are not the same as in other traditions. This is not "Buddhism" as some monolithic entity, it is one view of one tradition under the auspices of the Buddha's wisdom.

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About the Author. Thubten Chodron, an American-born Tibetan Buddhist nun, travels worldwide, teaching and leading meditation retreats. Known for her clear and practical explanations of the Buddha's teachings, she is the author of *Buddhism for Beginners*; *Working with Anger*; *How to Free Your Mind*; *Open Heart, Clear Mind*; and *Taming the Mind*.

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