



## Sikhism - an Introduction: Teach Yourself

By Owen Cole

Hodder Stoughton General Division, United Kingdom, 2014. Paperback. Book Condition: New. Revised ed.. 196 x 126 mm. Language: English . Brand New Book. This book is a comprehensive introduction to the Sikh faith. Ideal for those with little knowledge of the religion, it will give you a clear understanding of what Sikhs believe, and how they practise their faith. Covering all aspects, from the history of Sikhism, to Sikh ethics, to the practicalities of living a Sikh life, learn what it means to be Sikh today. NOT GOT MUCH TIME? One, five and ten-minute introductions to key principles to get you started. AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success, based on the author's many years of experience. TEST YOURSELF Tests in the book and online to keep track of your progress. EXTEND YOUR KNOWLEDGE Extra online articles at to give you a richer understanding of psychology. FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts. TRY THIS Innovative exercises illustrate what you've learnt and how to use it.



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