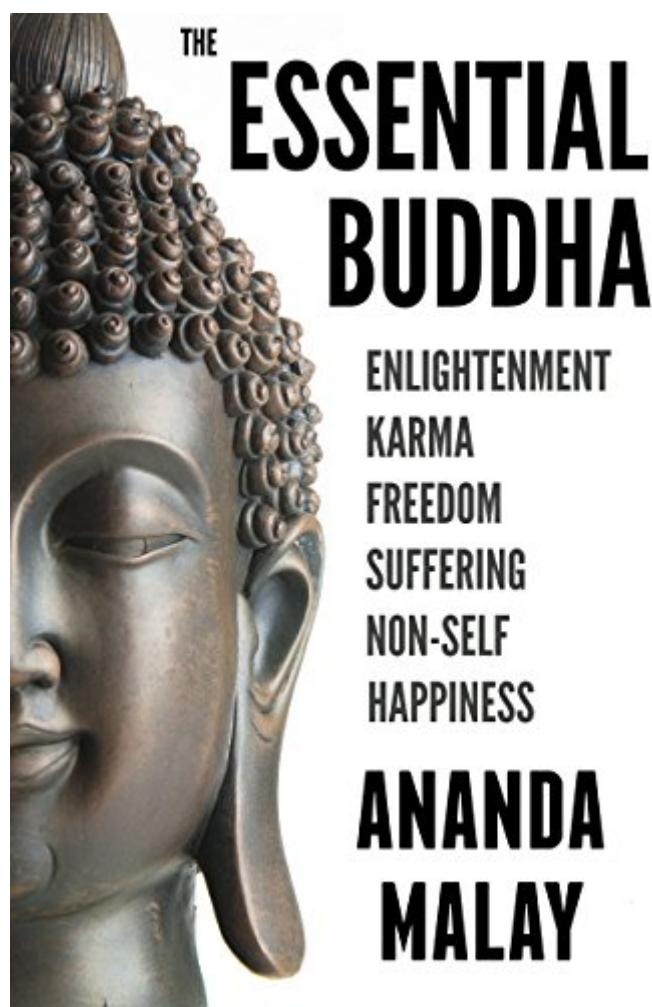


The book was found

The Essential Buddha: Core Teachings On Enlightenment, Karma, Freedom, Suffering, Non-Self, And Happiness



Synopsis

Buddha's Core Teachings In One Place BONUS: How to Make Spiritual Progress, included at the end of the book. A young man once asked Buddha to explain the essence of the Teaching. "If you cling, you are bound. If you do not cling, you are free," Buddha replied. In the spirit of Stephen Mitchell's Tao Te Ching, The Essential Buddha is a free-flowing and a lucid collection of Buddha's core teachings on: - Enlightenment- Karma- Freedom- Suffering- Non-self- Happiness- ...and others.

Book Information

File Size: 698 KB

Print Length: 148 pages

Publisher: Metta Publishing; 3.0 edition (October 12, 2014)

Publication Date: October 12, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00OGKNBPQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #904,231 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #167

in Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts > Karma #2387

in Kindle Store > Kindle eBooks > Religion & Spirituality > Buddhism #7277 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism

Customer Reviews

Good overall, would have been helpful to have more explanation. I liked it, and it didn't take long to go through.

Definitely a must-read for anyone. Really, because words found in this book can be useful for all human beings.

I enjoyed this book some what it was a tad bit dry. It had a lot of important points it made.

Excellent selection of core sayings by Buddha.

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