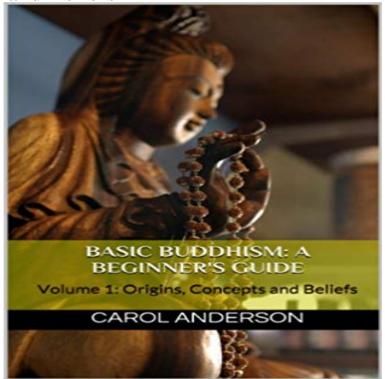
BASIC BUDDHISM: A Beginners Guide: Volume 1 - Origins, Concepts and Beliefs



Whether you are simply curious or a novice practitioner, Basic Buddhism: A Beginners Guide offers something for everyone. Author Carol Anderson offers the reader a comprehensive guide to Buddhism both from a knowledge and practice perspective.In Volume 1, Origins, Concepts and Beliefs, the reader is introduced to the basic concepts and teachings of the Buddha. With the introduction of such concepts as The Four Noble Truths and the Noble Eightfold Path, Basic Buddhism offers insights, information and explanations that make Buddhism understandable and applicable to everyday lives. As well, the symbolism, imagery, customs and rituals of Buddhism are addressed, giving the reader a deeper understanding of the inner meanings of Buddhist tradition and thought.In Volume 2, Meditation and Practice, the reader is led through the more practical aspects of creating their own daily practice with deeper discussion on such topics as meditation, mindfulness and compassion. Guided practice meditations are offered as a starting point for the Anderson offers reader. Mrs. inspirational source of information as well as insights and practical techniques to make Buddhism understandable applicable to our everyday lives. She encourages the reader to begin their own journey of self discovery. Basic Buddhism: A Beginners Guide is for anyone who wants to create a more peaceful, joyful life.

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