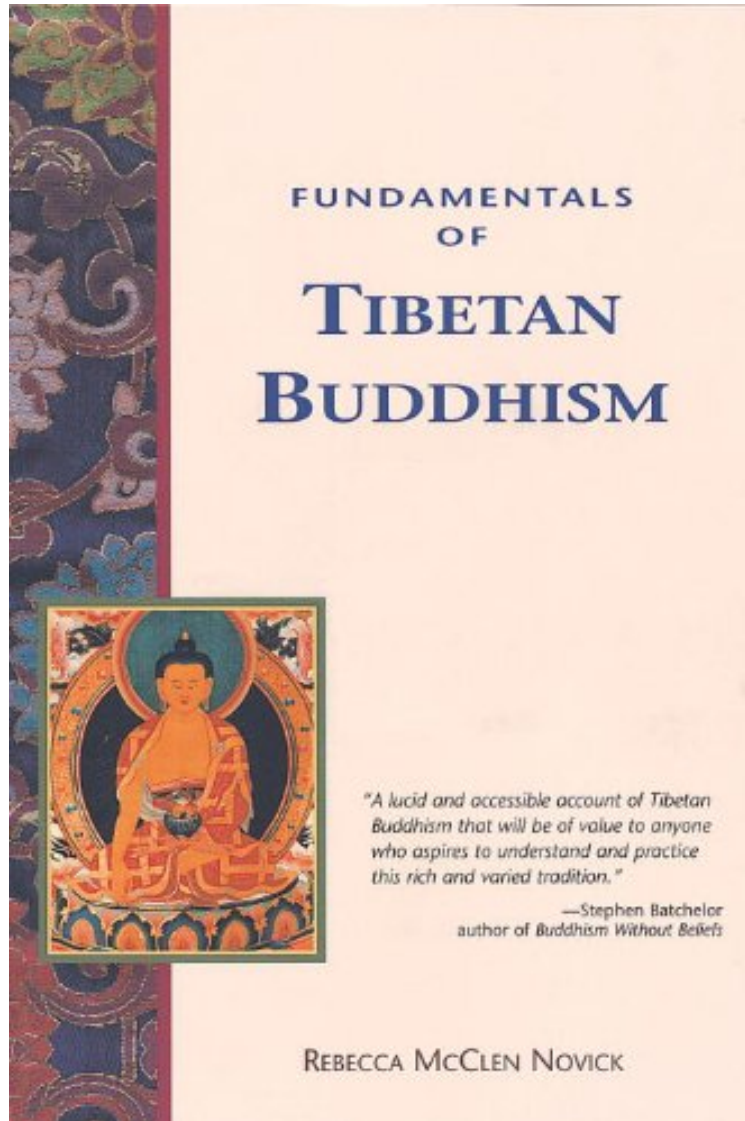


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Fundamentals of Tibetan Buddhism (Crossing Press Pocket Guides)

Von Rebecca Novick

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Von Rebecca Novick : Fundamentals of Tibetan Buddhism (Crossing Press Pocket Guides) before purchasing it in order to gage whether or not it would be worth my time, and all praised Fundamentals of Tibetan Buddhism (Crossing Press Pocket Guides):

Kurzbeschreibung In Tibetan, the word for Buddhist means insider someone who looks not to the world but to themselves for peace and happiness. The basic premise of Buddhism is that all suffering, however real it may seem, is the product of our own minds. Rebecca Novicks concise history of Buddhism and her explanations of the Four Noble Truths, Wheel of Life, Karma, the path of the Bodhisattva, and the four schools help us understand Tibetan Buddhism as a religion or philosophy, and more important, as a way of experiencing the world. From the Trade Paperback edition.

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Synopsis This text gives a concise introduction to the complex history, philosophy and practice of Tibetan Buddhism. Concepts such as the Four Noble Truths, the Five Paths, the Six Perfections, Karma and the Wheel of Life are all explored.