



Buddhism--An Introduction: A Teach Yourself Guide

Clive Erricker

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Covering all aspects of this fascinating faith, from the teachings of the Buddha to the practicalities of pursuing a Buddhist way of life, *Buddhism* is an informative and accessible introduction to this major world religion. You will learn about the origins of Buddhism, its place in society today and the challenges it faces for the future.

Includes:

- One, five and ten-minute introductions to key principles to get readers started
- Lots of instant help with common problems and quick tips for success, based on the author's many years of experience
- Answers to many of the current issues and questions that surround Buddhism
- Complex religious and philosophical ideas in simple, readable prose.

Topics include: Buddhists and Buddhism; The life of the Buddha; The Buddha's teaching; Buddhist scriptures and schools; Meditation and devotion; Ethical conduct; Moral issues; The social order; Festivals and ceremonies; Buddhism today: East and West; Transition, adaptation and influence: prospects for Buddhism in the twenty-first century



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