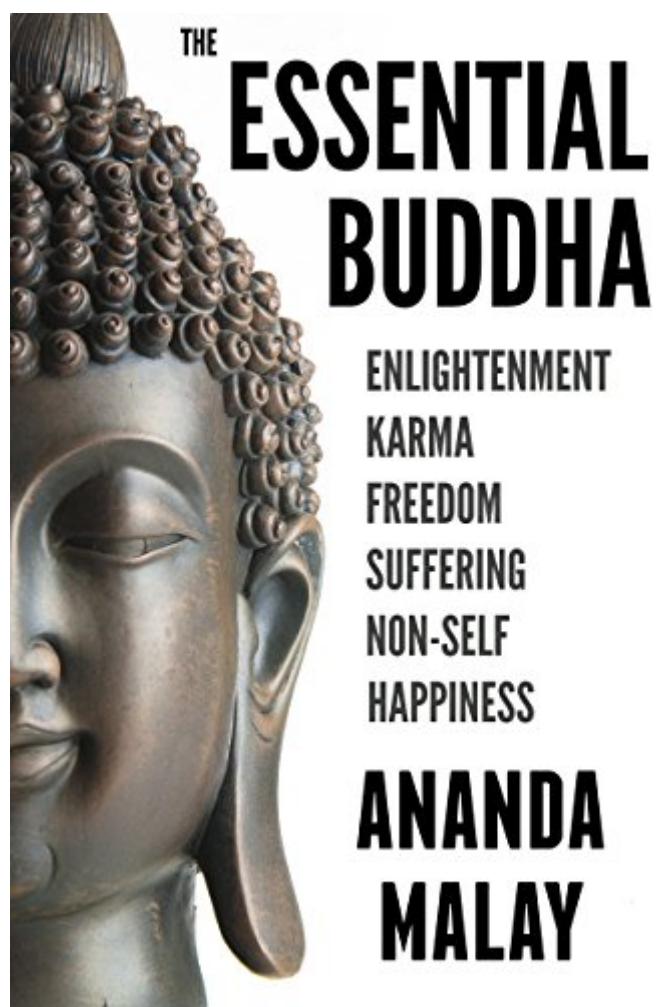


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# The Essential Buddha: Core Teachings On Enlightenment, Karma, Freedom, Suffering, Non-Self, And Happiness



## **Synopsis**

Buddha's Core Teachings In One PlaceBONUS: 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. â œlf you cling, you are bound. If you do not cling, you are free,â • 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**

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## **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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The Essential Buddha: Core Teachings on Enlightenment, Karma, Freedom, Suffering, Non-Self, and Happiness Steps on the Path to Enlightenment, Karma: Steps on the Path to Enlightenment: A Commentary on Tsongkhapa's Lamrim Chenmo, Volume 2: Karma (Vol.2) Buddha's Belly : Recipes For An Enlightened Mind: Mindful and Healthy Eating Based on Buddha's Diet Philosophy. Asian Vegetarian Cookbook Meals to Connect ... Your Inner Soul (Buddha's Belly Series 1) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Karma and Chaos: New and Collected Essays on Vipassana Meditation (Vipassana Meditation and the Buddha's Teachings) Good Karma: How to Create the Causes of Happiness and Avoid the Causes of Suffering BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Buddha: A Short Biography (+ Famous Buddha Quotes) Buddhist MahĀyĀcāna Texts (The Buddha-karita of Asvaghosha Includes the Diamond Sutra) - Annotated What is Enlightenment? The Sole Panacea: A Brief Commentary on the Seven-Line Prayer to Guru Rinpoche That Cures the Suffering of the Sickness of Karma and Defilement The Karma Queens' Guide to Relationships: The Truth About Karma in Relationships Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Teachings of the Buddha: Revised and Expanded Edition Non Fiction Writing Templates: 44 Tips to Create Your Own Non Fiction Book (Writing Templates, Writing Non Fiction, Kindle Publishing) BUDDHISM: for Beginners! From Dummies to Expert. Beginners Guide for Learning the Basics of Buddhism (Zen, Meditation, Dalai Lama, Yoga, Buddha, Dharma, Happiness) Meditation, Karma, and Nonviolence: The Authentic Teachings and Practices of Buddhist and Jain Culture Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy)

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