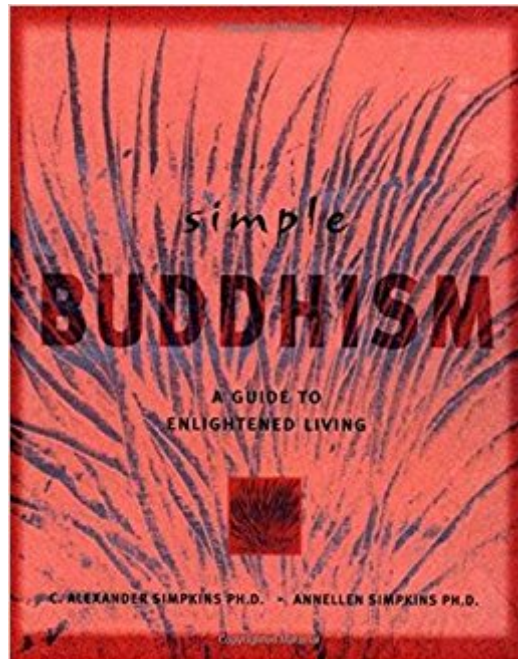




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Simple Buddhism: A Guide To Enlightened Living (Simple Series)



Synopsis

Exploring a new religion is no easy task. That's why the Simple series is so popular-these delightful books take readers by the hand and lead them into the basics of an Eastern faith without intimidation or confusion. Simple Buddhism, invites readers to discover this appealing religion and its peaceful doctrines, as well as: The history of Buddhism The themes of Buddhism (The Four Noble Truths, The Eightfold Path, Nirvana, and Nirvana, and more) How to apply Buddhism in your everyday life The ultimate thesis of Buddhism: to live in the moment, see things as they truly are, and recognize yourself as part of the whole.

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Customer Reviews

Drs. C. Alexander and Annellen Simpkins the authors of Simple Zen, Simple Taoism and, Simple Confucianism, are both psychologist who live in San Diego. They have devoted years to the study of hypnosis, meditation, and martial arts. They contribute regularly to martial arts publications and are also the authors of the Tuttle books Principles of Meditation, Living Meditations, Zen Around the World, and Meditation from Thought to Action.

i got this book for a really good price not to mention that it was in excellent condition for what I paid for it. I enjoyed reading it and it's a good book for those who don't really know much about it. I bought it for a intro book for my family to read so they'd understand me better and my choices.

Excellent introduction

great book really helped me to analyze the way i live and offered great suggestion to improve my quality of living.

Simple and to the point. If you want to know the basics about Buddhism this is the book. It's not technical it's a very easy read. It took me one day to read this book

Great

I had learned before that the path of happiness wasn't exactly the same as the path of a specific goal, and that attachment to goals can cause trouble when multiple goals contradict, and aren't seen clearly. From here, I was in a unique position to see how the mind sets up dualities, gets caught up in specifics, and suffers, as this book taught. Two weeks after starting this book, reading the phrase "no-mind" I realised that we naturally, when mindful, gravitate to wisdoms' way, and that there is no need for suffering, only to acknowledge pain's purpose. This book is systematic, non-mystical in its communication, using scientific and psychological frameworks to show why the mind feels pain, and why when it clings to it suffers. Since this book shows the key principles in the different methods of enlightenment, I believe this book to be a better starting point than say a Zen book, or a tantric or faith-based book, though all these are good when the general notions of Buddhism are understood.

This book offers a great introduction to Buddhism. It puts it in context with a clear history and interesting review of sutras. The themes give you a good sense of what Buddhism deals with. The third section is a very easy to follow guide to get you started. Buddhism can get you in touch with yourself and your life, to wake up! This book beautifully introduces the reader to these important ideas and methods as it also guides in applying them to life. I have read all the other books by the Simpkins in this series and found each one useful. I am looking forward to their new release, *Buddhism in Ten: Easy Lessons for Spiritual Growth*.

This is a clear and effective guide to Buddhism 101 but much less wordy or unserious as a "Dummies"-type guide. The first part is about the history of Buddhism, which isn't the most interesting thing I ever read, but was informative. Part 2 is about basic Buddhist themes, such as the

Four Noble Truths and the Eightfold Path. Part 3 is about putting Buddhism into practice in one's daily life and is very practical and patient. If you're already at the intermediate level with Buddhism, this will be too simple for you. But if you've only learned meditation or had a general idea about Buddhism, this is very enlightening and concise.

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