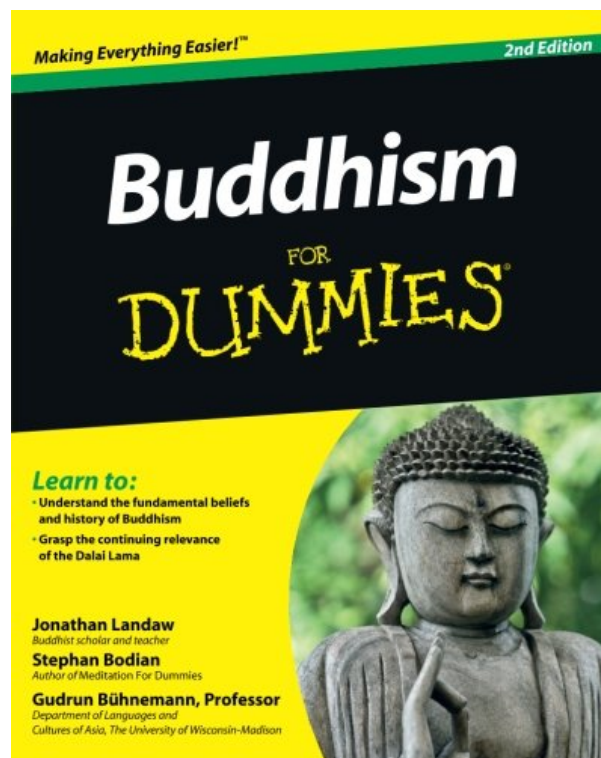
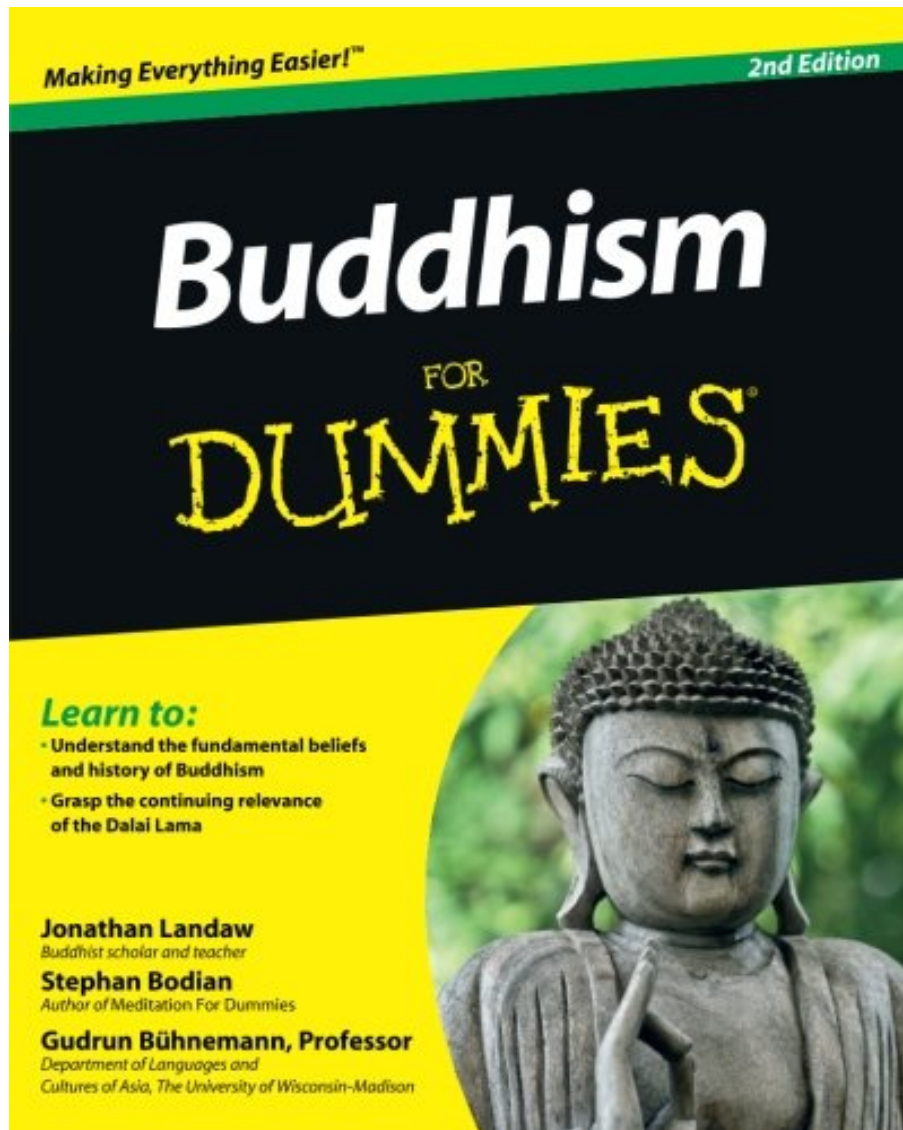


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Your hands-on guide to the rich history and modern practice of Buddhism

What does it mean to be a Buddhist? What are the fundamental beliefs and history behind this religion? Whether you're a searcher of truth, a student of religions, or just curious about what makes Buddhism such a widely practiced religion, this friendly guide defines the important terms, explains key concepts, and explores in-depth the origins of this fascinating ancient practice, along with daily observances, celebrations, meditation, and more.

- Buddhism 101 — grasp how Buddhism can be regarded as a religion, a philosophy of life, and a practical approach to dealing with life's problems
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- A look at four Buddhist masters
- Ten ways Buddhism can help you deal with life's problems

Learn to:

- Understand the fundamental beliefs and history of Buddhism
- Grasp the continuing relevance of the Dalai Lama

About the Author

Jonathan Landaw is the former English Translation Editor, Translation Bureau of His Holiness the Dalai Lama.

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Your hands-on guide to this widely practiced and ancient religion

Buddhism, one of the world's most widely practiced religions, is a fascinating yet complex eastern religion that is rapidly spreading throughout western civilization. What does it mean to be a Buddhist? What are the fundamental beliefs and history behind this religion? Buddhism For Dummies explores these questions and more in this updated guide to Buddhist culture. You'll gain an understanding of the origins of this ancient practice and how they're currently applied to everyday life.

Whether you're a searcher of truth, a student of religions, or just curious about what makes Buddhism such a widely practiced religion, this guide is for you. In plain English, it defines the important terms, explains the key concepts, and explores in-depth a wide range of fascinating topics.

- New and expanded coverage on all the schools of Buddhism, including Theravada, Tibetan, and Mahayana
- The continuing relevance of the Dalai Lama
- Updated coverage on daily observances, celebrations, styles, practices, meditation, and more

Continuing the Dummies tradition of making the world's religions engaging and accessible to everyone, Buddhism For Dummies is your essential guide to this fascinating religion.

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Features

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1 of 1 people found the following review helpful.

Excellent Collection for those interested.

By Ken

This is a surprising collection of Buddhist ideas and History; Better than the usual tired, flat, mystical magic show stuff too often pedaled in books and audio, although some of that has something to offer as a baseline. This is good, real good. Also recommend Zen and the Japanese Culture by Susuki... the second half is what caught my attention on a young Samuri in training suddenly came to the realization that to survive he must give up hope of surviving. Makes sense, begging for mercy, not going to work. This Dummies book is good in that it provides the whole spectrum from, don't step on a worm to what Siddhartha actually might have been saying about Nirvana... a sleep without a dream. All that reincarnation stuff followed after the master [lower case - just like he would want it] who "got it" twenty-five hundred years ago! Lesser beings followed and provided the needed soft cuddle...

2 of 2 people found the following review helpful.

A GREAT Book!!

By Kim E. Miller

I was recommended to read this book in my quest to learn more of Buddhism. I've begun reading many other books on Buddhism and found it to be overwhelming. This is the first "for DUMMIES" book I've bought. The book is written in simple, layperson's terms so I was immediately drawn to continue reading. I learned so much in a short period of time due to the flow which it is written. Lots of clues given to remind you of important areas. Although I found all of it interesting, thought-provoking, and extremely applicable to daily living.

0 of 0 people found the following review helpful.

A definite buy for someone to learn about the middle way

By Sonny Laskin

These dummy books are stupendous. I read this book and understand the basics tenets of Buddhism of the four noble truths and the eightfold path. It was also nice to learn about other aspects and the differences between the various sects (Theravada, Mahayana and Tibetan) Buddhism. A must buy for anyone interested in learning more and practicing the dharma!

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