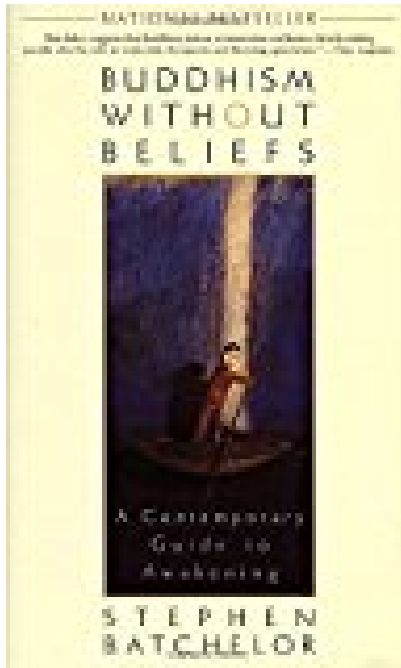


Buddhism Without Beliefs A Contemporary Guide to Awakening



BOOK DETAILS

- Author : Stephen Batchelor
- Pages : 144 Pages
- Publisher : Riverhead Books
- Language : English
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BOOK SYNOPSIS

A national bestseller and acclaimed guide to Buddhism for beginners and practitioners alike In this simple but important volume, Stephen Batchelor reminds us that the Buddha was not a mystic who claimed privileged, esoteric knowledge of the universe, but a man who challenged us to understand the nature of anguish, let go of its origins, and bring into being a way of life that is available to us all. The concepts and practices of Buddhism, says Batchelor, are not something to believe in but something to do—and as he explains clearly and compellingly, it is a practice that we can engage in, regardless of our background or beliefs, as we live every day on the path to spiritual enlightenment.

BUDDHISM WITHOUT BELIEFS A CONTEMPORARY GUIDE TO

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