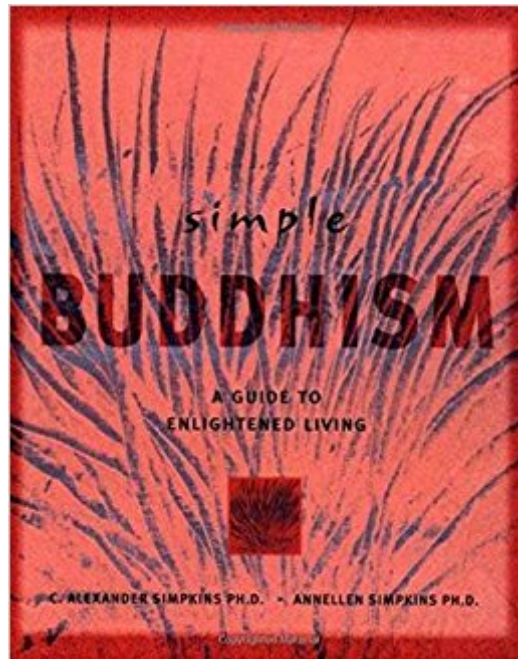




Ebook Directory
the best source of ebook

The book was found

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.

Book Information

Series: Simple Series

Paperback: 144 pages

Publisher: Tuttle Publishing; 1st edition (September 1, 2000)

Language: English

ISBN-10: 0804831769

ISBN-13: 978-0804831765

Product Dimensions: 5.2 x 0.3 x 6.5 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 10 customer reviews

Best Sellers Rank: #588,740 in Books (See Top 100 in Books) #174 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > History](#) #239 in [Books > History > World > Religious > Buddhism](#) #668 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice](#)

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 clung to 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.

[Download to continue reading...](#)

Buddhism: Beginner's Guide to Understanding The Essence of True Enlightenment (Buddhism, Buddhism Beginners, Buddhist Books, Buddhism Books, Zen Buddhism Book 1) Simple Buddhism: A Guide to Enlightened Living (Simple Series) Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism For Beginners, Buddha, Zen Buddhism, Meditation for Beginners) Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism, Mindfulness, Meditation, Buddhism For Beginners) 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) Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Zen, Inner Peace, Dalai Lama Book 1) BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation, Mindfulness, Chakras) Buddha is As Buddha Does: The Ten Original Practices for Enlightened Living BUDDHISM: for Beginners! From Dummies to Expert. Beginners Guide for Learning the Basics of Buddhism (Zen, Meditation, Dalai Lama, Yoga, Buddha, Dharma, Happiness) Buddhism: The Complete Guide Of Buddhism, 2nd Edition, Everything You Need To Know To Practice Buddhist Teachings In Your Everyday Life Burning for the Buddha: Self-Immolation in Chinese Buddhism (Kuroda Studies in East Asian Buddhism) Buddhism After Patriarchy: A Feminist History, Analysis, and Reconstruction of Buddhism Tsung Mi and the Sinification of Buddhism (Kuroda Studies in East Asian Buddhism) Buddhist Quotes: Meditation, Happiness, Inner Peace.: Spirituality and Buddhism: Bouddha, Zen, Thich Nhat Hanh, Dala's Lama - Lama (Buddhism, Bouddha, Buddhist ... & Spirituality, Dala's Lama, Zen. Book 1) The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) 5 BOOKS ON HINDUISM AND BUDDHISM. THE ESSENCE OF BUDDHISM, THE LIGHT OF ASIA, HINDU LITERATURE, THE SONG CELESTIAL OR BHAGAVAD-GITA, INDIAN POETRY (Timeless Wisdom Collection Book 4750) The Collected Works of Edwin Arnold: Buddhism & Hinduism Writings, Poetical Works & Plays: The Essence of

Buddhism, Light of the World, The Light of Asia, ... The Japanese Wife, Death--And
AfterwardsÃÃ -Ã| Collected Works of Edwin Arnold: Buddhism and Hinduism Studies, Poetry &
Plays (Illustrated): The Essence of Buddhism, Light of the World, The Light of ... The Japanese
Wife, Death--And AfterwardsÃÃ -Ã| What is Buddhism?: Buddhism for Children Level 3

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)