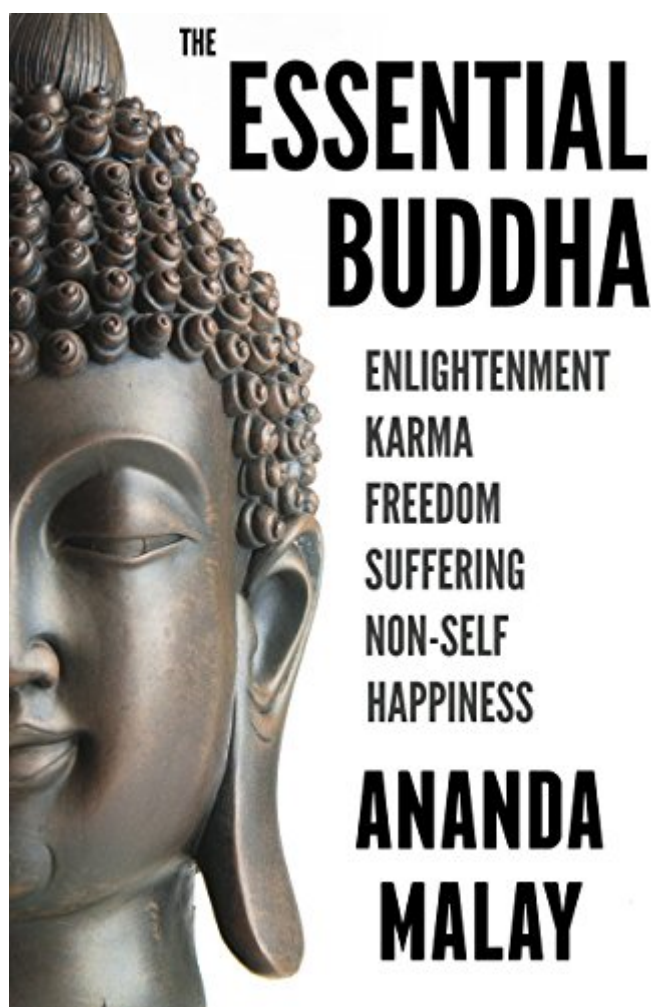


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# **The Essential Buddha: Core Teachings On Enlightenment, Karma, Freedom, Suffering, Non-Self, And Happiness**



## 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. "If you cling, you are bound. If you do not cling, you are free," 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 Mahāyāna 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 Teachings of the Buddha: Revised and Expanded Edition 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) 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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