



The Essential Teachings of the Buddha

By Sangarakshita

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India. Softcover. Book Condition: New. What is the meaning of life? How can we be truly happy? These questions are no less pressing for having been asked so many times. In Buddhism, the answer is to be found in the Dharma - a traditional term which means both 'the Truth' and 'the Path'. Guided by a lifetime's experience of Buddhist practice, Sangharakshita tackles the question: 'What is the Dharma?' from many different angles. The result is a basic starter kit of teachings and practices, which emphasizes the fundamentally practical nature of Buddhism. In turn refreshing, unsettling, and inspiring, this book lays before us the essential Dharma, timeless and universal: the Truth that addresses the deepest questions of our hearts and minds and the Path that shows us how we can renew our lives.



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