



Buddha A Beginners Guide

Stephen T. Asma

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Originally published by Writers and Readers in 1998, this is an iconoclastic, illustrated romp through the life of the Buddha both a credible exploration of his life and teachings and an entertaining introduction to the philosophy of Buddhism.

Many Westerners know about the meditation practices of Buddhism, but few understand the Buddha's philosophical teachings. This book puts the teachings (dharma) in their proper context and unravels some of the more dense knots of Buddha's thinking. And it does all this while entertaining the reader with humorous illustrations and pop-culture sensibility. This primer, constructed like a graphic novel, cuts through the New Age nonsense that is often mistaken for Buddhism. Asma is perceptive and passionate. *Buddha for Beginners* is truly a book that engages the intellect, opens the heart, and expands the spirit.

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