



## Introduction to Buddhism: An explanation of the Buddhist way of life

By Geshe Kelsang Gyatso

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Beginning with Buddha's life story, this compelling guide reveals how Buddha's extraordinary wisdom is the method to achieve lasting happiness and freedom from life's problems. Meditation is explained clearly and simply as a tool for developing transformative qualities such as inner peace, love, and joy. The essential principles of Buddhism and the Buddhist way of life are accessible to beginners, and this clear presentation will also inspire those who have been practicing for years.

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### **Editorial Review**

From Publishers Weekly

Sington's precise British diction and soothing voice are the perfect backdrop for discovering the Buddhist religion as taught by Gyatso. Author of 19 other books on the subject, Gyatso offers the basic teachings of Buddha in their simplest form for beginners. Sections include "Basic Buddhism," "The Path to Liberation," "The Path to Enlightenment", and an appendix with two breathing meditations. Chapter headings listed on the jacket allow listeners to easily locate subjects of interest on the CDs, such as "What Is Karma?" "The Perfection of Wisdom" and "The Three Higher Trainings." Listeners hear only the voice of Sington throughout the production; there is no background music or sound of any kind, even during long silences in the meditation section. While this may seem odd to a culture used to constant sound, it's not so strange considering the simple life of Buddha and the enlightenment sought by his followers. This is a calming, informative look at Buddhism. *Based on the Tharpa paperback. (Oct.)*

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Review

“Geshe Kelsang Gyatso illuminates the very heart of Buddhist thought and practice.” –Booklist

From the Back Cover

2500 years after the passing of Buddha, his message continues to resonate. This compelling introduction explains the essential principles of the Buddhist way of life and what it means to be a Buddhist. Meditation is explained clearly and simply as a tool for developing qualities such as inner peace, love, and patience.

### **Users Review**

**From reader reviews:**

**Robert Burdette:**

Why don't make it to become your habit? Right now, try to ready your time to do the important behave, like looking for your favorite reserve and reading a publication. Beside you can solve your long lasting problem; you can add your knowledge by the e-book entitled Introduction to Buddhism: An explanation of the Buddhist way of life. Try to stumble through book Introduction to Buddhism: An explanation of the Buddhist way of life as your buddy. It means that it can for being your friend when you really feel alone and beside those of course make you smarter than ever. Yeah, it is very fortunated for you. The book makes you much more confidence because you can know every little thing by the book. So , let's make new experience along with knowledge with this book.

**Brian Alexander:**

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**Dena Ramirez:**

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**Roberta Anglin:**

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