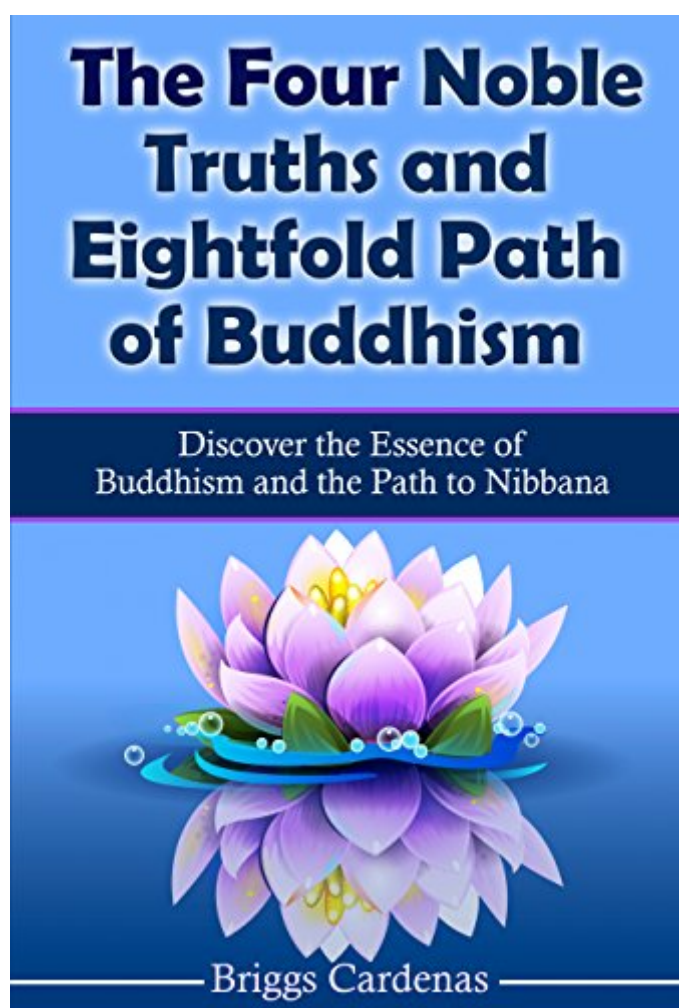


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# The Four Noble Truths And Eightfold Path Of Buddhism: Discover The Essence Of Buddhism And The Path To Nibbana



## Synopsis

If you're seeking to learn more about Buddhism through the Four Noble Truths and the Eightfold Path – in clear and easy to understand terms – then this book is for you! Read on your PC, Mac, smart phone, tablet or Kindle device. Buddhism is an agnostic religion. It neither acknowledges the existence of a god nor denies it. It simply teaches that we must live by a moral code because it is our nature to do so, regardless of whether a god exists or not. To choose good in the hopes of reward, while avoiding evil out of fear of punishment, is not true goodness. It is sheer hypocrisy – a selfish desire to do something in return for our own benefit. To understand the Four Noble Truths and the Eightfold Path, we first have to understand the word – *dukkha*. • This is often mistranslated into English as – *suffering*, • giving people the idea that Buddhism is a pessimistic religion. Nothing can possibly be further from the truth. While *dukkha* can certainly be understood to mean – *suffering*, • it would be more accurate to translate this word as – *anxiety*, • *stress*, • or – *dissatisfaction*. • This book endeavors to explain the Buddha's perspective on *dukkha*, and how one can live in spite of it, even striving to move beyond it. If you're ready to learn more about *dukkha* and the path to liberation, let's get started! Here Is A Preview Of What You'll Learn... About Buddhist Diversity Understanding Dukkha The Four Noble Truths The Eightfold Path Panna – Wisdom – Ila – Ethical Conduct Samādhi – Concentration Nibbāna – Blown Out Much, much more! Download your copy today! Tags: eight-fold path, nirvana, the four noble truths and the eightfold path, four noble truths and eightfold path, buddhism, buddhist, theravada buddhism, Eightfold Path, four noble truths, nibbana, eightfold path of buddhism, the eightfold path, noble eightfold path, eight fold path

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## Customer Reviews

Although this book is small, it is packed full of interesting information. Being very open to learning about new things, I could not resist buying this compact book. Within, I found everything I needed to know about living life as a Buddhist, and it gave me a basic knowledge and insight into this very interesting way of life. I thought the chapter on Meditation Practice was very interesting, as it is something I enjoy doing, and think it is a very beneficial thing to be able to do.

Buddhism is an interesting concept to me and I wanted to learn more about it, which prompted me to pick up this book. I am so glad that I did! This book is an in-depth look at the four noble truths, of course, but also an in-depth look at Buddhism as a whole. This book is the whole package and I highly recommend this book to anyone wanting to learn about Buddhism or anyone who needs a refresher.

I've always been agnostic, there's just never been an overwhelming feeling that there is a God, nor has there been an overwhelming feeling that there isn't. I do right by others and myself for my own peace of mind. Because of this I've been exploring Buddhism a lot more and that's why I picked up this book. It did a great job shedding light on the 4 noble truths and other aspects of Buddhism in an easy to understand way.

I'm a Jodo Shinshu Buddhist Priest. I have no connection with the author or publisher of this book. I ask myself, "would I recommend this book to someone searching for a place to start with Buddhism?" My answer is an enthusiastic "Yes." This is a fine place to start. There is enough here to help you understand the basics without giving you an overwhelming amount of information. Start here. Later you can go to bigger more complicated books. You can even go over to audible.com and find a lot of great books on Buddhism there. You can read them on your iPod or your phone with the app you can download from audible.com .. In short, if you're new at this Buddhism stuff, you

can start here. From here move on if you decide to. This author has done a great service to all of us. I am deeply grateful

This was a very detailed and informative book. Briggs broke down the basics of Buddhism in a easy to read format; by which, each section teaches fundamental concepts. I'm glad I bought this book during a time of religious exploration and learn I can have a spiritual religion without the devotion to a deity.

If your desire is to learn the fundamentals of Buddhism, this is the right book. I wanted to understand Buddhism better. This is the second resource I used. They both gave a clear picture of Buddhism fundamentals. This one went a little deeper than the first resource I used yet still stayed with just giving the fundamentals. It was clearly written and easy to understand.

This book is excellent for those that want to know the "basics" of Buddhism as well as an adequate source for those of us on the Path to retain our "beginner's mind". It summarizes in a simple, easy to understand fashion some of the concepts that can be easily misunderstood and/or taken out of context (especially we "westerners"). Excellent job.

This book is a wonderful, concise introduction to Buddhism for non-Buddhists. The author explains the Four Noble Truths and the Noble Eightfold Path and the definitions of key Sanskrit and Pali words.

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