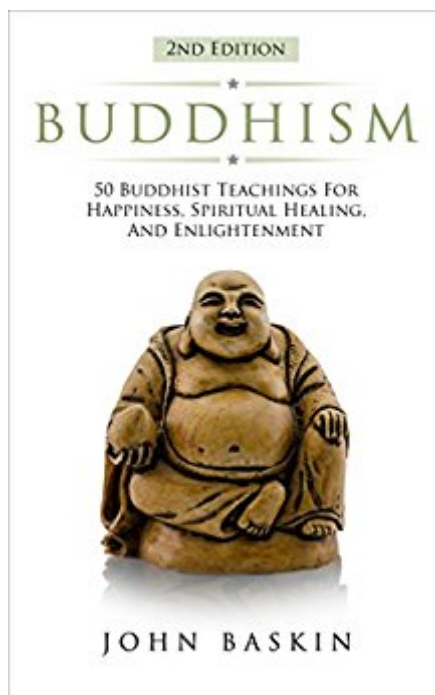


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Customer Reviews

Buddhism is one of the few religions that I do not consider harmful to humans. This religion does not give anyone back, yet is not as well known as many others. What I liked most about this book, jumps at a glance: The information is very accurate and complete that it is not difficult to understand its basics. Beyond that, there is not a book that tries to force you to join Buddhism, but encourages you to take the aspects that can improve your lifestyle and extract the most profit of it. From the teachings of Dukkha, to meditation techniques to achieve inner peace and Nirvana. This guide is exepcional and I enjoyed it. I recommend it.

I can say this is not my first book about Buddhism, I read before about it. But in this book, I found more interesting things that I didn't know. Also, I must that Buddhism is always an interesting theme for me. In this book, I find some solutions how to have happiness, peace, forgiveness and much more things that can make one person better. When you have that sort of thinks you are grateful and happy and see the world in a better way. However, the book shows concepts of Buddhism and much more things about this and people can have the right information about what Buddhism is and things like teaching about happiness, Zen Buddhism, Spiritual Guide, Stress Free and much more. I can say only that I expected much more detail. But for everyone who is interested in this theme read this book and find out more.

I knew what Buddhism is by watching movies, but after reading this book it's the opposite of what I knew and saw. Buddhism after all is a religion based on spirituality and attaining mental peace. Buddhism as what the book says it is the training of the mind to identify the roots of suffering in order to attain the ultimate goal of true happiness. It takes a lot of practice but when both mind and body work together harmony or peace will attain. It's simple to read that even the beginners like me could easily understand. Thumbs up for you John!

I read this book with an open mind as with popular believe it is just seemed like a religion followed by monks in robes burning some incense. I was really amazed at the informative and very interesting writing style of John Baskin. How he completely explains what Buddhism really is and

that Buddha is no god, just a normal person who has trained his mind to identify the root of problems and then eliminating them for the sole purpose of attaining the ultimate goal of true happiness. It should actually rather be seen as a way of living and not a religion as it promotes moral responsibility, tolerance and wisdom and compassion. I highly recommend this book to everyone as it will surely make you think about the important things in life and where you are headed. Excellent writing!

I used to think of Buddhism being just another religion. After reading this book, I now realized that it is actually a way of life. It teaches one how to be a more satisfied, grateful, and happy individual. The book enlightens one about the various teaching from Buddhism. It talks about how we should always share ourselves with others and how our actions has a reverberating effect onto the lives of others and our own future. It talks about how you can achieve a state of mind that is more positive. I also explained who Buddha is and the usual misconceptions about Buddhism. I think it's a good read for anyone who wants to live life in a more positive manner and would like to learn how to find inner peace.

I am always curious about different religion and culture. I am a Christian by born but I do not follow any particular religion. Instead, I try to see the beauty in every religion. Buddhism has been the most attractive religion for me as it's only based on spirituality. I bought this book in an attempt to increase my knowledge on Buddhism. I was not expecting very much from this book but it came as a surprise to me. The fifty teachings of Buddha given in this book were really amazing. Now, after reading this book, I can confidently say that I have more than basic knowledge on Buddhism. I am really thankful to the author for that.

New Age style of the book. Easy to read and understand. Presented in an organized and thoughtful manner that gives the reader an introduction to an interesting and wonderful topic. It helped me a lot to understand the origin and functioning of this lifestyle and I really enjoyed it. Another very good book by John Baskin. Particularly liked the Siddhartha quote, would be a good quote to read every morning for inspiration! I'd recommend to anyone interested in Buddhism. "Awake. Be the witness of your thoughts. You are what observes, not what you observe" - Siddhartha Gautama

My first experience with something that has anything to do with Buddhism was with the Five Tibetan

Rites. If you aren't familiar with that I strongly recommend that you check that out. that thing is amazing! While reading about the Rites I got interested in Buddhism in general and wanted to find out more, but it was hard to find quality material. John did a good job at putting together an awesome and well explained Buddhist teachings. I wish that he'd have gone into more detail about teachings but that's me. I liked it very much and I'm sure that you'll too.

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