

# The Beginners Guide to Buddhism: A Short Course on This Powerful Eastern Philosophy



With a rich history stretching back over 2,500 years, Buddhism has been described both as a system of psychology and a philosophy for living. Yet most of us think of it as a religion. What is Buddhism? How is it practiced? Can it help you today? In *The Beginners Guide to Buddhism*, author and teacher Jack Kornfield immerses you in this time-honored approach to living fully and compassionately in the present moment. Join him as he illuminates Buddhism's most essential teachings, and how they make it possible to overcome the mental states that challenge us every day, such as fear, selfishness, confusion, and anger. Complete with authentic meditations to get you started. Highlights include the Four Noble Truths, the Eightfold Path, Dharma, the laws of life, Buddhist meditation practices, mindfulness teachings, and much more.

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