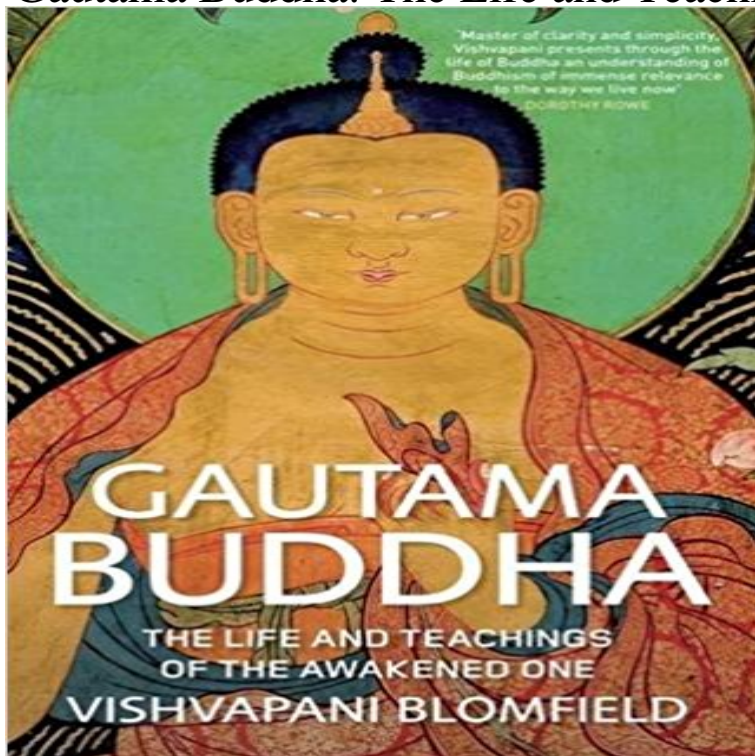


## Gautama Buddha: The Life and Teachings of The Awakened One



The words and example of Gautama (often known by the title, Buddha) have affected billions of people. But what do we really know about him? While there is much we cannot say for certain about the historical Gautama, this persuasive new biography provides the fullest and most plausible account yet. Weaving ancient sources and modern understanding into an engaging narrative, Vishvapani Blomfield examines Gautamas words and impact to shed fresh light on his culture, his spiritual search and the experiences and teachings that led his followers, to call him The Awakened One. This book draws on the myths and legends that surround him to illuminate the significance of his life. It traces Gautamas investigations of consciousness, his strikingly original view of life and his development of new forms of religious community and practice. Blomfields insightful and thought-provoking biography will appeal to anyone interested in history and religion, and in the Buddha as a thinker, spiritual teacher and a seminal cultural figure. Gautama Buddha is a compelling account of one of history's most powerful personalities.

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