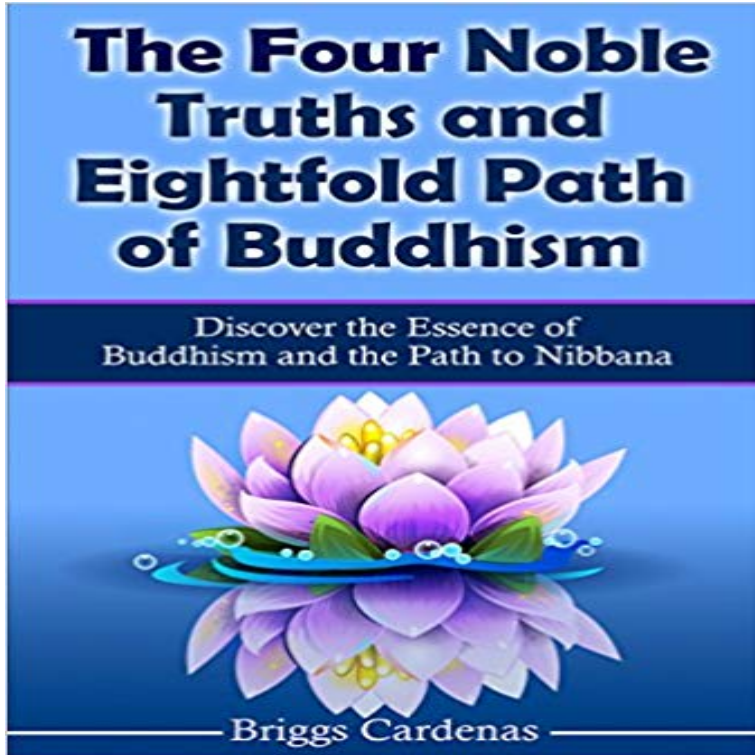


The Four Noble Truths and Eightfold Path of Buddhism: Discover the Essence of Buddhism and the Path to Nibbana



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 DiversityUnderstanding DukkhaThe Four Noble TruthsThe Eightfold PathPanna WisdomSila Ethical ConductSamadhi ConcentrationNibbana Blown OutMuch, much more!Download your copy today!

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