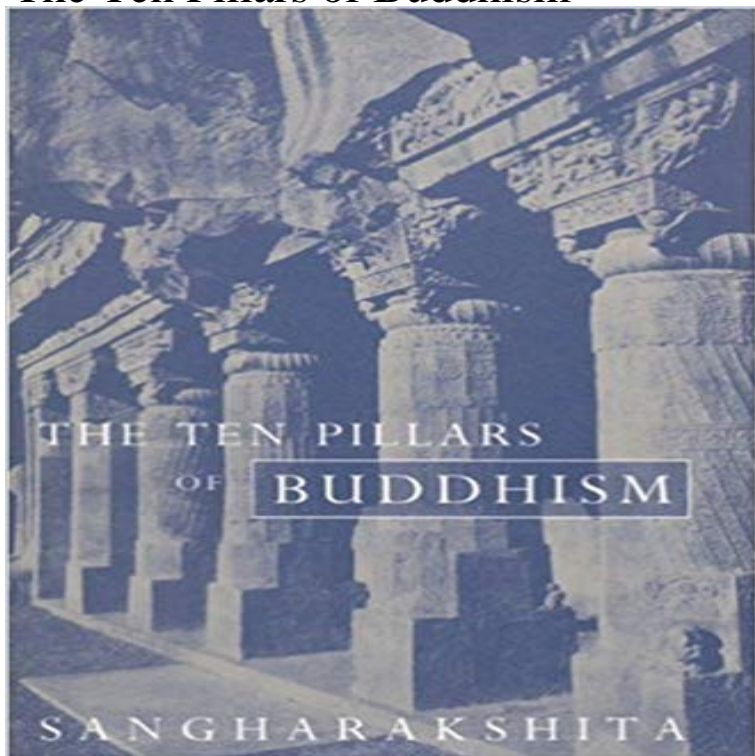


The Ten Pillars of Buddhism



A handy and easily-readable introduction to Buddhist ethics Damien Keown, Buddhist Studies Review In a world marked by rapid changes, shifting lifestyles and values, how can we be sure that we are making the best choices for ourselves, others and the world? This small book explores ten basic Buddhist ethical principles and the liberating view of ourselves contained within them. Buddhist ethics are not a list of laws imposed from outside, but guiding principles we can apply to everyday situations. Emphasising personal responsibility and choice, not blind obedience, the Buddhist path of ethics leads us into a deeper understanding of ourselves and the world around us. To apply them is to put to the test the promise of the Buddha: that by our own efforts we can transform our actions, emotions and thoughts to allow our compassion and wisdom to shine through all that we do.

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