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The Miracle of Mindfulness is said to be a great companion of the book we mentioned just above. Both written by the same author, Thich Nhat Hahn will be your complete guide to knowing Buddhism. The book was originally written and published in Vietnamese and was later translated into English by Mobi Hoe.

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It is beyond the scope of this pamphlet to present a thorough description of all of these Teachings but the following 7 topics will give you an overview of what the Buddha taught: 1. The way of Inquiry 2. The Four Noble Truths 3. The Middle Way or Eightfold Path 4. Kamma 5. Rebirth 6. No Creator God ...

## **Buddhism for Beginners**

A Beginner's Guide to Buddhism: Your Path to Drawing on her own experiences, as well as those of her father - an ordained Buddhist monk for well over a decade - Duangta Mondri writes about how Buddhism shows how the key to a meaningful life is to live ...

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### **Top 10 Buddhism Books For Beginners - Buddhism Zone**

Zen Mind, Beginners Mind. by Shunryu Suzuki. Zen Mind, Beginner's Mind by the founder of San Francisco Zen Center, Shunryu Suzuki Roshi, is one of the undisputed classics of American Buddhism. First published in 1970, the book's simple approach and plainspoken language have made it timeless. | Read an excerpt here.

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Buddhism for Beginners is an ideal first book on the subject for anyone, but it's also a wonderful resource for seasoned students, since the question-and-answer format makes it easy to find just the topic you're looking for, such as: What is the goal of the Buddhist path?

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its secrets and its answers to the challenges of modern life This book contains a basic overview of Buddhism, including the life of Buddha, and the various kinds of Buddhism that have developed.

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