



## The Five-Minute Buddhist: Getting Started in Buddhism the Simple Way (Paperback)

By Brian D Schell

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A jargon-free, plain language introduction to the foundational ideas of Buddhism and real-world tips for practicing Buddhism while balancing life in the real, modern world. This book goes easy on the mystical mumbo-jumbo and simply introduces the ideas that will help you live in the present and feel different about the world and your place in it. Geared towards people who were raised outside of Asia and people with a secular or Christian background who want to learn more of the philosophy that can change your life. This toolkit gives short lessons in what Buddhism is, and more importantly, how to apply it in situations with which you are already very familiar. Section I: The Basics What is Buddhism? Who was Buddha? What Buddhists Don t Believe The Four Noble Truths The Eightfold Path Five Precepts Five Faultless Gifts Three Poisons Theravada Mahayana Pure Land Tantric Buddhism / Vajrayana Tibetan Buddhism Zen Buddhism Buddhist Symbology Lotus Conch Parasol Golden Fish Treasure Vase Victory Banner Endless Knot Dharma Wheel Buddha Jokes Section II: QA And Special Topics Vegetarianism Beginner...



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