



Introducing Buddhism (3rd Revised edition)

By Chris Pauling

Windhorse Publications. Paperback. Book Condition: new. BRAND NEW, Introducing Buddhism (3rd Revised edition), Chris Pauling, Offering an introduction to Buddhism for Westerners who want to learn more about the religion as a path of spiritual growth, this revised and restructured edition explains the essential teachings and practices on which all mainstream Buddhists can agree. It also sets out to show how this ancient wisdom is more than ever relevant to the psychological, social and spiritual issues concerning men and women in the modern West.

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