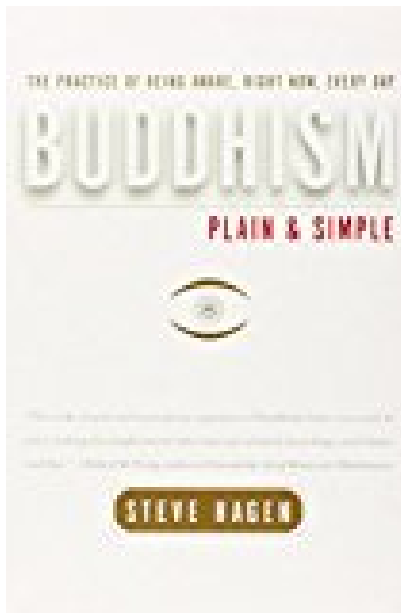


Buddhism Plain and Simple The Practice of Being Aware Right Now Every Day



BOOK DETAILS

- Author : Steve Hagen
- Pages : 159 Pages
- Publisher : Broadway Books
- Language : English
- ISBN : 0767903323

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BOOK SYNOPSIS

Buddhism Plain and Simple offers a clear, straightforward treatise on Buddhism in general and on awareness in particular. When Buddha was asked to sum up his teaching in a single word, he said, "Awareness." The Buddha taught how to see directly into the nature of experience. His observations and insights are plain, practical, and down-to-earth, and they deal exclusively with the present. Longtime teacher of Buddhism Steve Hagan presents the Buddha's uncluttered, original teachings in everyday, accessible language unencumbered by religious ritual, tradition, or belief.

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