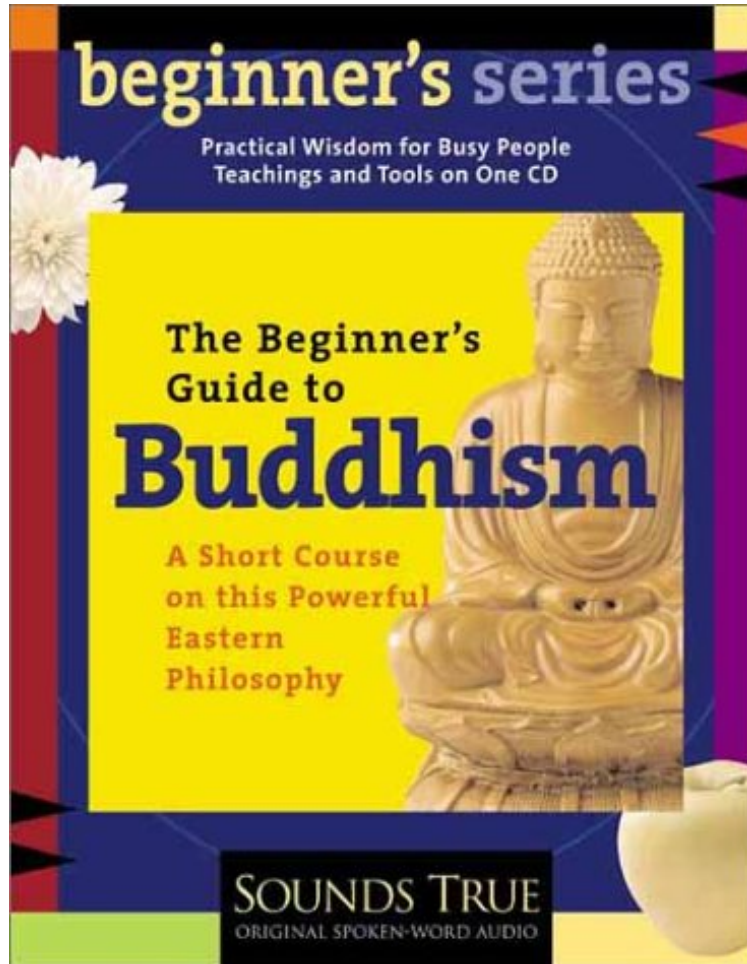


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## The Beginner's Guide to Buddhism (Beginners Ser.)

*Jack Kornfield*

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**Jack Kornfield : The Beginner's Guide to Buddhism (Beginners Ser.)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Beginner's Guide to Buddhism (Beginners Ser.):

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listen to content, the info is great.0 of 0 people found the following review helpful. INTERESTED IN BUDDHISMBy daniel bissonTHIS IS THE ULTIMATE GUIDE FOR A BEGINNER TO THE ANCIENT RELIGION OF BUDDHISM. EASY TO UNDERSTAND WRITTEN BY AN EXPERT IN THIS FIELD. GET A COPY NOW!

For over 2,500 years, Buddhism has offered an unfailing path to the world's people, including Americans in ever-increasing numbers. Now bestselling author Jack Kornfield illuminates Buddhism's core teachings with this clear and compact audio guide. From the "lion's roar" of the Four Noble Truths, to the story of how Siddhartha attained enlightenment under the Bodhi Tree, to the real treasure of the Eightfold Path, here are the essentials of Buddhism's history, traditions, and daily practices. Includes a classic meditation with commentary.