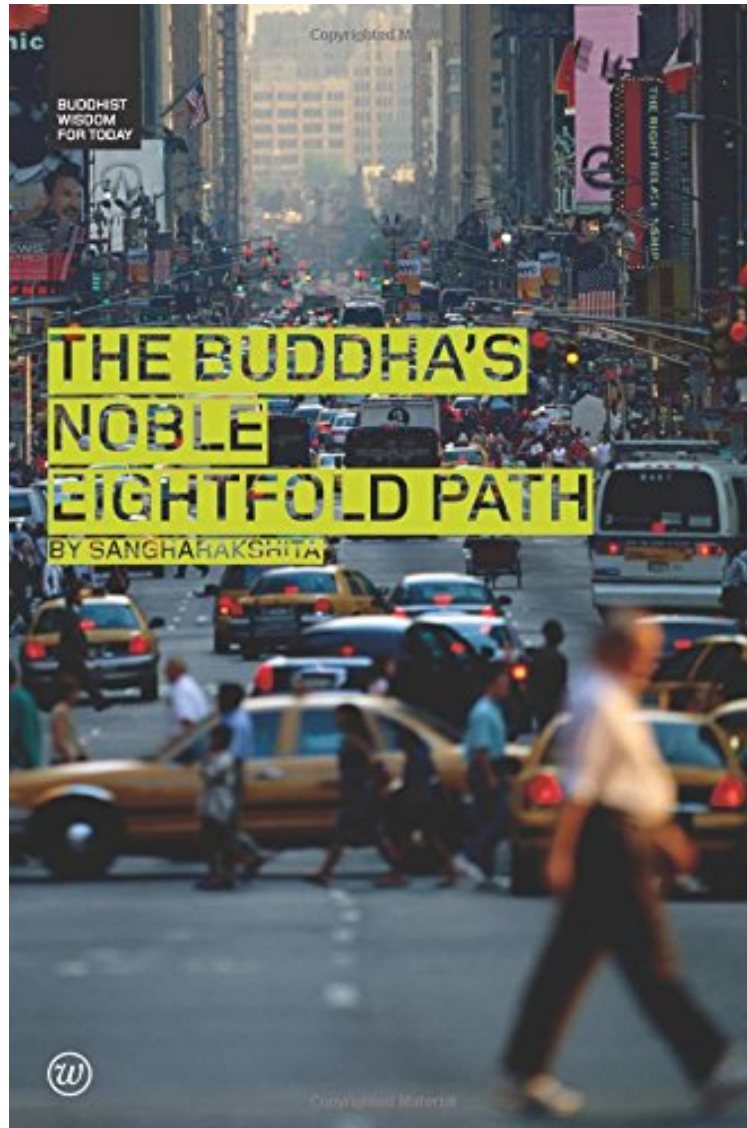


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The Buddha's Noble Eightfold Path (Buddhist Wisdom for Today)

Sangharakshita

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Sangharakshita : The Buddha's Noble Eightfold Path (Buddhist Wisdom for Today) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Buddha's Noble Eightfold Path (Buddhist Wisdom for Today):

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The Noble Eightfold Path the Buddha's first teaching is a timeless truth. One starts with a vision, a moment of insight, then transformation of thoughts, and follows in the light of that truth. This teaching is explored in relation to every aspect of life and is a treasury of wisdom and practical guidance. The reader is taken deeper than in most introductions, while always remaining practical, inspiring, and accessible. This is the first in a new series, Buddhist Wisdom for Today. Sangharakshita is a leading Western Buddhist teacher and a popular author of more than thirty books on Buddhism.

Kulananda's narration is reminiscent of listening to a teacher who has extensive lecture notes that are highly familiar and who has a relaxed and easy presentation style. The concepts are simply presented and accessible for those who have no prior exposure to the teachings of Buddhism. The precepts that form this path are fundamental to an understanding of Buddhism but may also be of interest for their non-Western perspective on many matters of common concern. - Maine Portland, Audio File About the Author A respected translator and author of over fifty books, Sangharakshita began studying Buddhism at the age of 16. After 20 years studying in India he returned to England and set up the Friends of the Western Buddhist Order which has over 65 centres worldwide, including the USA.