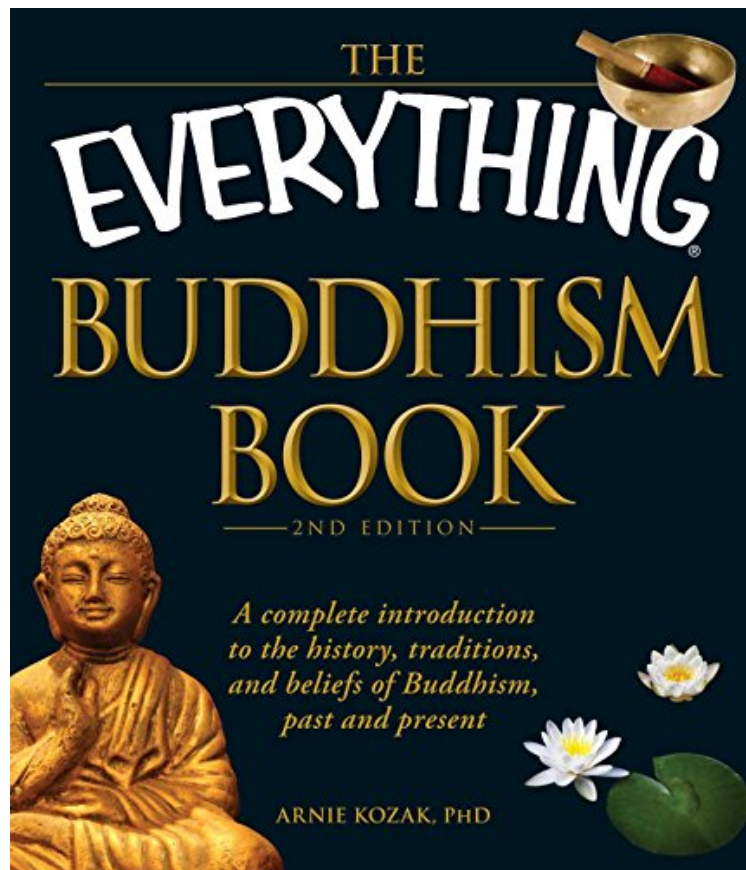


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The Everything Buddhism Book: A complete introduction to the history, traditions, and beliefs of Buddhism, past and present

Arnie Kozak

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Arnie Kozak : The Everything Buddhism Book: A complete introduction to the history, traditions, and beliefs of Buddhism, past and present before purchasing it in order to gage whether or not it would be worth my time, and all praised The Everything Buddhism Book: A complete introduction to the history, traditions, and beliefs of Buddhism, past and present:

2 of 2 people found the following review helpful. Great introduction By Adult Reader in Calgary This is exactly what I needed - a comprehensive and well-written introduction to Buddhism. I will likely be re-reading this book (or sections of it, at least) again. I recommend it if you are new to Buddhism. It is better than the two other beginner's guides I've seen both in style and substance. 0 of 0 people found the following review helpful. Buddhism By Tom TI happened to pick up a copy of this book at my sister's home and decided to get my own copy. The book is well written. Since I already had a bit of knowledge on Buddhism, I was able to confirm that the information seems correct, as far as I can determine with my understanding. I like the history included with the practices and with the differences in the various

types of Buddhism from one area of the world to another. There is a lot of good information in this book. If you are looking to learn about Buddhism or refresh your knowledge, this is a great book. The knowledge is broken down in a way that makes it easy to read without destroying its integrity. 0 of 0 people found the following review helpful. Nice book for someone wanting an introduction to Buddhism. By Shannon du Plessis I wanted specifics about the tenets of Buddhism. The first five chapters and a couple of later chapters delivered. Then the book got more into broader topics which didn't really interest me so I skipped many of the middle chapters moving on to the later chapters, which addressed Buddhism practice in daily life. I got the information I was looking for in about half of the chapters -- the other chapters were extraneous information for me. Of course the word "everything" in the book title should have given me a clue that it would be broader coverage than I needed. I think it is a good book for someone wanting a good introduction to Buddhism in general and details of the Four Noble Truths, the Noble Eight-fold Path, and how to practice Buddhism each day.

"My religion is very simple. My religion is kindness." --Dalai Lama That's easy for the Dalai Lama to say--but for the rest of us, understanding this mysterious, multilayered faith can be very difficult. With this updated and revised edition of the classic Buddhist primer, you can delve into the profound principles of nonviolence, mindfulness, and self-awareness. From Tibetan Buddhism to Zen, you'll explore the traditions of all branches of Buddhism, including: The life of Buddha and his continuing influence throughout the world A revealing survey of the definitive Buddhist texts What the Sutras say about education, marriage, sex, and death Faith-fueled social protest movements in Tibet, Burma, and elsewhere Buddhist art, poetry, architecture, calligraphy, and landscaping The proven physiological effects of meditation and other Buddhist practices The growing impact of Buddhism on modern American culture In this guide, you'll discover the deceptively simple truths of this enigmatic religion. Most important, you learn how to apply the tenets of Buddhism to your daily life--and achieve clarity and inner peace in the process.

"My religion is very simple. My religion is kindness." - Dalai Lama About the Author Arnie Kozak, PhD, is a psychotherapist, clinical assistant professor in psychiatry at the University of Vermont College of Medicine, and workshop leader at the Barre Center for Buddhist Studies, The Copper Beech Institute, and the Kripalu Center for Yoga and Health. He is author of Wild Chickens and Petty Tyrants: 108 Metaphors for Mindfulness, The Everything Guide to the Introvert Edge, The Awakened Introvert: Practical Mindfulness Skills for Maximizing Your Strengths and Thriving in a Loud and Crazy World, The Everything Essentials Buddhism Book, and Mindfulness A-Z: 108 Insights for Awakening Now. Arnie has been practicing yoga and meditation for over thirty years and is dedicated to translating the Buddha's teachings into readily accessible forms. In the long winters of northern Vermont when he's not working, he rides the frozen slopes on his snowboard. During the short summers, he golfs. During all seasons, you can find him trail running with his dogs in the foothills of the Green Mountains.