



The Everything Essential Buddhism Book: A Guide to the Fundamental Beliefs and Traditions of Buddhism, Past and Present (Everything Series)

Arnie Kozak

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- The Noble Eightfold Path and how it should guide you
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Also included is instruction for the many forms of Buddhist meditation, including Zen and Tibetan practices. Most important, you will learn how you can apply the tenets of Buddhism to your daily life--and achieve clarity and inner peace in the process.

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