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Buddhism is Not What You Think: Finding Freedom Beyond Beliefs

By Steve Hagen

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Buddhism is Not What You Think: Finding Freedom Beyond Beliefs, Steve Hagen, What is Buddhism? In "Buddhism is Not What You Think" Steve Hagen, bestselling author of "Buddhism Plain and Simple" and a Zen priest, cuts through the many misconceptions surrounding Buddhism, and shows us its true purpose. Drawing on down-to-earth examples from everyday life, this practical and straightforward guide penetrates the most essential and enduring questions at the heart of the Buddha's teachings: How can we see the world in each moment, rather than merely as what we think, hope, or fear it is? How can we base our actions on reality? How can we live lives that are wise, compassionate, open and honest? What can it bring to our lives? This book offers a profound and clear path to a life of joy and freedom.



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