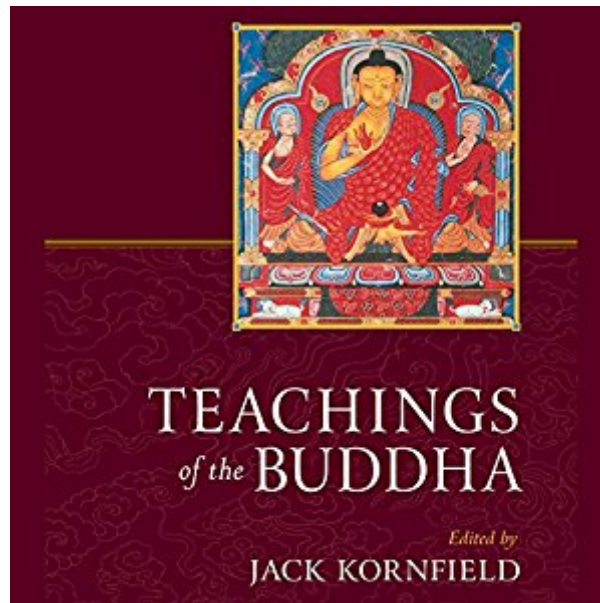




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Teachings Of The Buddha: Revised And Expanded



Synopsis

This treasury of essential Buddhist writings draws from the most popular Indian, Tibetan, Chinese, and Japanese sources. Among the selections are some of the earliest recorded sayings of the Buddha on the practice of freedom, passages from later Indian scriptures on the perfection of wisdom, verses from Tibetan masters on the enlightened mind, and songs in praise of meditation by Zen teachers. The audiobook also includes traditional instruction on how to practice sitting meditation, cultivate calm awareness, and live with compassion. Jack Kornfield, one of the most respected American Buddhist teachers, has compiled these teachings to impart the essence and inspiration of Buddhism to listeners of all spiritual traditions. A Dedication and Editor's Preface are included, narrated by Jack Kornfield.

Book Information

Audible Audio Edition

Listening Length: 3 hours 37 minutes

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Version: Unabridged

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Whispersync for Voice: Ready

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Customer Reviews

I was disappointed this book was so tiny, but I'm sure that's my fault for not reading the small print. The content is great, but it's about 3 inches long. And to top it off, my dog ate it yesterday.

A perfect little reference - I bought this to keep in my vehicle glove compartment. A bit of wisdom and energy wherever I go!

I LOVE the Shambhala Pocket Classics series. I have probably a dozen of their titles and have

replaced this one several times after losing it or giving it to a friend. The book is diverse and has nuggets of wisdom from the many branches of Buddhism and all of them are fairly short. The vignette style of the teachings makes this a great book to carry and read on a break and then just spend a few minutes contemplating the passage.

This was a required text for my college Business Ethics course. I found this book to be enlightening. We read these teachings and small quotes aloud and talked about personal experiences. I thoroughly enjoyed the class and this book certainly enhanced aspects of the course. Great read. Thank you

A great collection from a range of traditions. Something in there for everyone. It is nice to have a small book to take along and yet have access to so much wisdom.

I haven't read this book yet. However I listen to the audio version often. Great presentation of Buddhist doctrine and practical knowledge.

An excellent, simple, well-balanced edition of the traditional teachings of the Buddha as compiled from various historical Scriptures from the Oriental (Eastern) Tradition of Philosophy.

I love Jack Kornfield. Bought this for Kindle and read it daily on my iPhone instead of my Kindle. Excellent compilation.

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