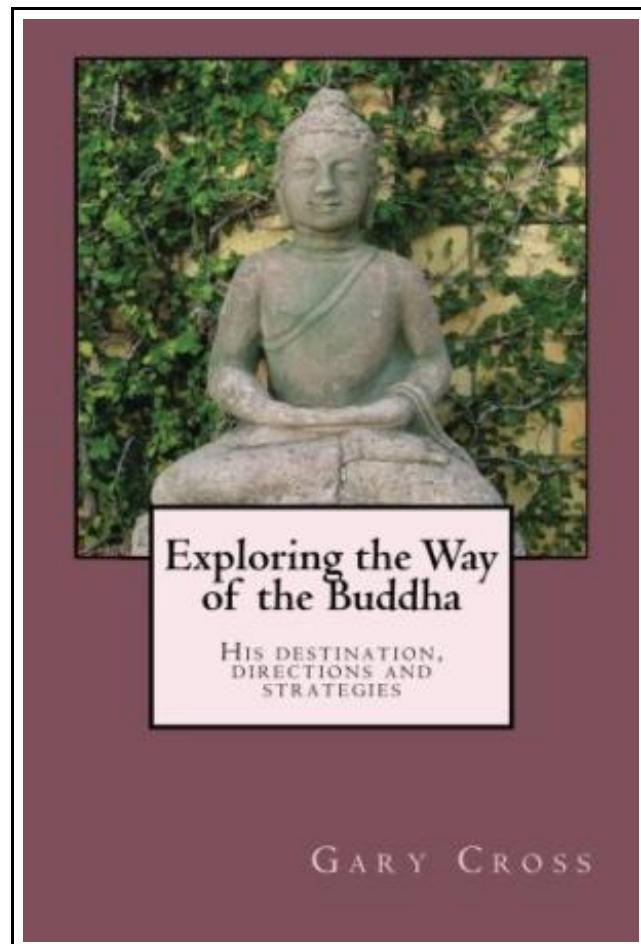


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EXPLORING THE WAY OF THE BUDDHA: HIS DESTINATION, DIRECTIONS AND STRATEGIES

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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. The Buddha, who was born in north India approximately 2500 years ago, suggested that we all seek nirvana which the Buddha tells us is a state free from suffering. This book explores the Buddha's way to nirvana, including the directions that the Buddha offers to help us to reach nirvana; the problems that the Buddha tells us we will encounter trying to reach nirvana; and finally the strategies that the Buddha offers to help us to overcome these problems and to successfully follow his directions. Quotations are new translations from the Pali texts available today. All key words are linked to the original Pali words together with their meanings and nuances, allowing readers to explore the full richness of the original Pali words and to choose the meanings and nuances that they think better suit particular quotations. This book is part of the series *Ways of the World* in which the teachings of the founders of different religions and philosophies are explored to determine: the destination that we are told to seek; the directions offered to help us to reach that destination; problems that we are told will hinder us on our way; and finally strategies that are offered to help us to overcome these problems, and to successfully follow the directions. This format not only helps to better understand each way, but also makes it easier to compare the various ways. Gary attempts to report the results of his explorations in an impartial manner and does not necessarily agree with every aspect of the way and its associated concepts and beliefs.



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