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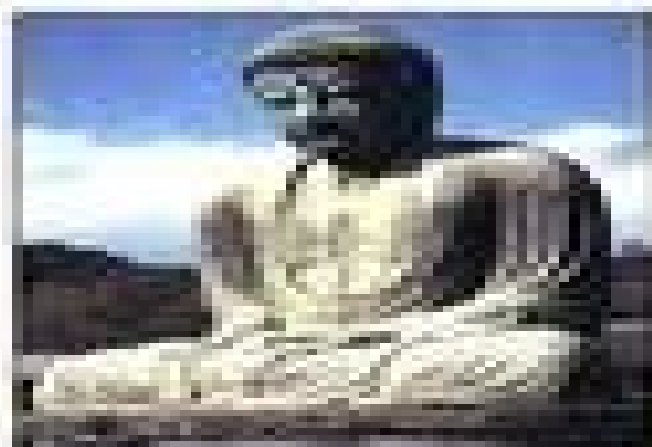
"Explains and presents simply and creatively the practical and theoretical, the inward and the outward of Buddhism."

—Michael Wogan,
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Studies, New England
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Understanding Buddhism

- A simple introduction to the basic teachings of Buddhism
- Easy explanations of the different branches and schools of practice
- Authoritative guidance on applying Buddhist teachings to daily life

Gary Gach



Idiots Guide To Buddhism

Camilla Rothe



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