



Introduction to Buddhism: An explanation of the Buddhist way of life

Geshe Kelsang Gyatso

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Beginning with Buddha's life story, this compelling guide reveals how Buddha's extraordinary wisdom is the method to achieve lasting happiness and freedom from life's problems. Meditation is explained clearly and simply as a tool for developing transformative qualities such as inner peace, love, and joy. The essential principles of Buddhism and the Buddhist way of life are accessible to beginners, and this clear presentation will also inspire those who have been practicing for years. Two guided meditations allow listeners to cultivate a peaceful, happy mind.

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