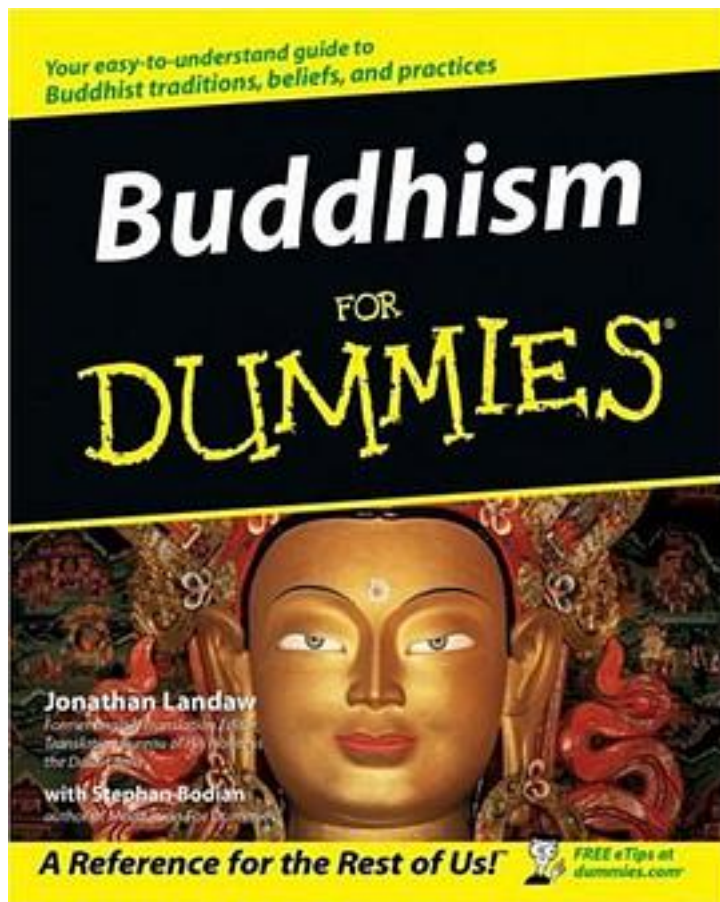


# Buddhism For Dummies (For Dummies (Religion & Spirituality))



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What's the significance of Buddha? How can the practice of Buddhism enrich our never-ending hectic lives? Discover what it means to be a Buddhist in everyday life and

in everyday lands in this fascinating Eastern religion. Buddhism For Dummies offers a clear, straight-forward road map that will aim to answer the fundamental questions, issues, and conflicts that arise daily. Readers will gain an understanding of what is Buddhism?, How to become a Buddhist? Explore the 2,500-year history, and learn about the most prominent Buddhist leader of our time, the Dalai Lama. Buddhism For Dummies will also touch on daily observances, celebrations, styles, practices, meditation and more!

作者介绍:

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