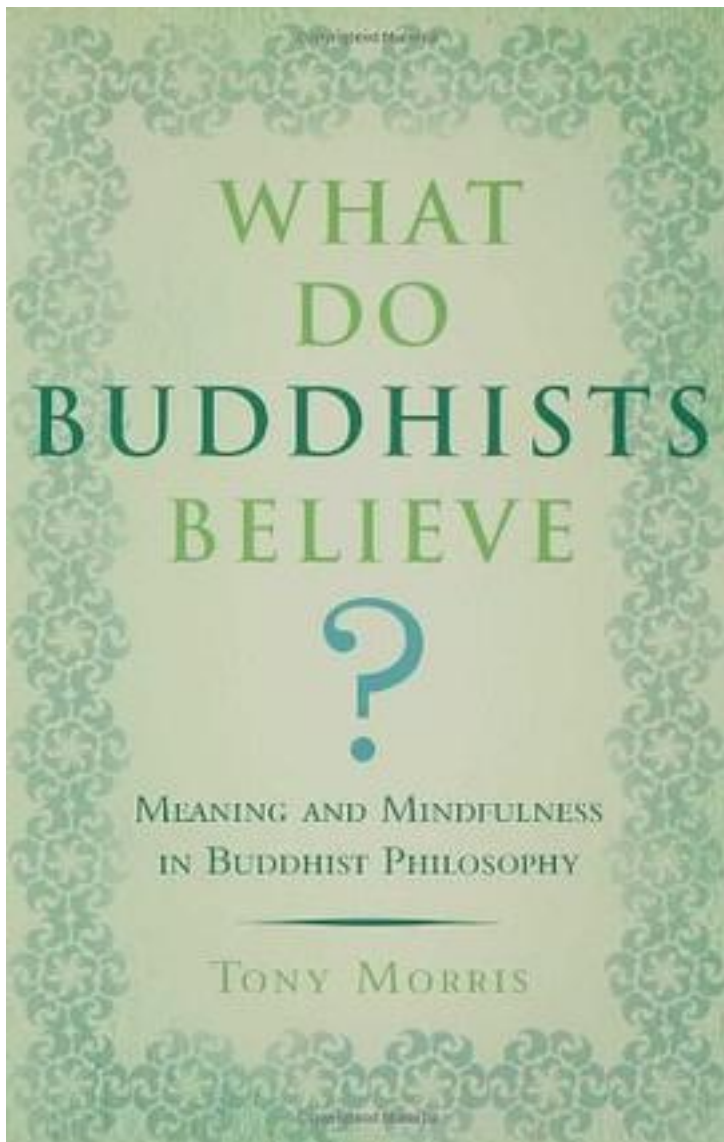


What Do Buddhists Believe?



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Buddhism is one of the world's oldest and most widespread belief-systems. Its history spans two and a half thousand years, and Buddhism today has over 500 million adherents throughout almost every country in the world. Virtually unknown outside Asia until the last century, it is now the fastest growing religion in the West. What is it about Buddhism that attracts so many in an age, when people seem to be turning away from organised religion? The teachings of Buddhism are voluminous and varied, and it has a well developed philosophical and mystical dimension; but at its core is a simple set of propositions and practices designed to meet the practical day to day concerns of ordinary people: how to live a compassionate, creative, wise and, above all, happy life. Tony Morris explores Buddhism's appeal, and gives an acute insight into its essential beliefs.

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