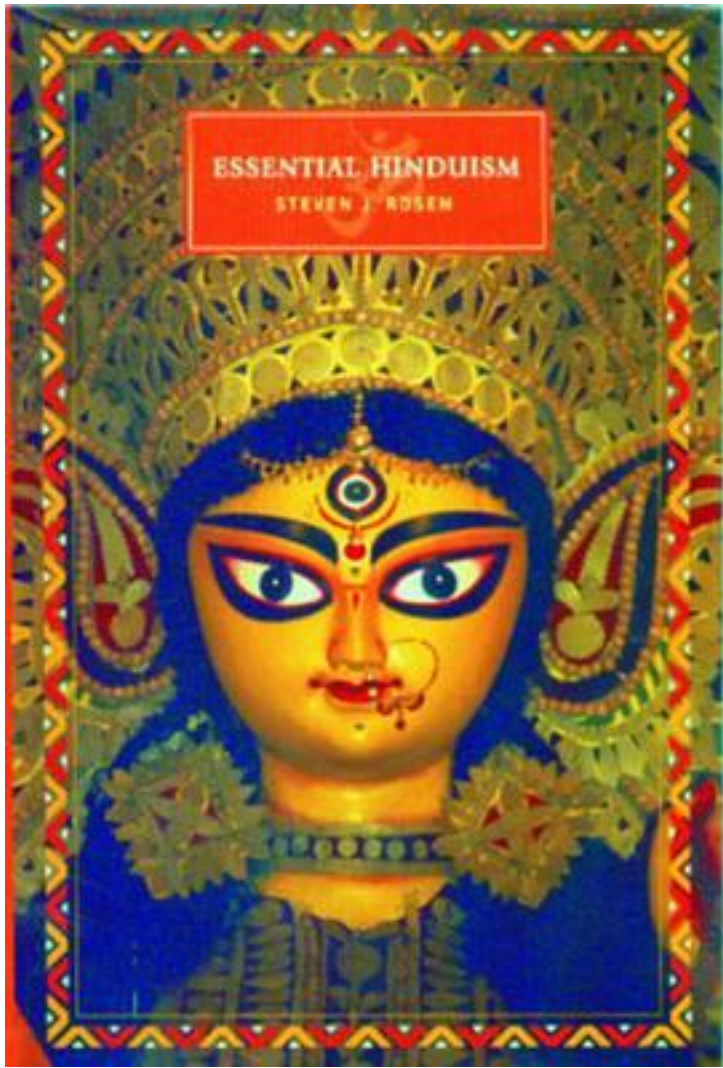# Essential Hinduism

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With its complex nature and many forms and practices, Hinduism is one of the world's most elusive religions for outsiders to understand. In Essential Hinduism, expert Steven Rosen aims to make the facets of this faith clear. Essential Hinduism explores this rich tradition through its history, literature, arts, and people. This straightforward overview focuses primarily on monotheistic Vaishnavism, the most common form of Hinduism. Beginning with chapters about the foundations of Hinduism, Steven Rosen clearly lays out the religion's otherwise complicated history. Providing Hindu terms alongside English translations, he illuminates the basics of the faith for readers unacquainted with its varieties and tenets and examines commonly held misconceptions. Chapters about practices, including festivals, teachings, chanting, eating habits, and more, bring Hinduism to life in vivid detail.

作者介绍:

目录:

Essential Hinduism_下载链接1_

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