

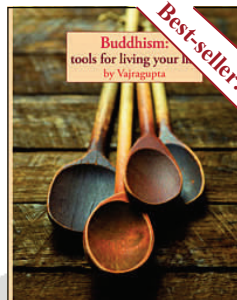


INTRODUCING BUDDHISM

Buddhism: Tools for Living Your Life

By Vajragupta

With tempting suggestions, anecdotes and reflections, this guide pinpoints what it means to lead a Buddhist life and how to fit it in amongst the everyday franticness of busy modern lives.

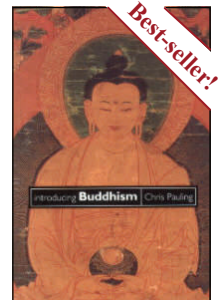


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By Chris Pauling

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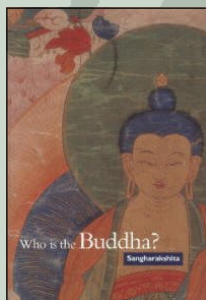


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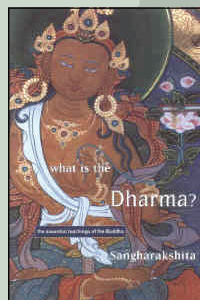
Who is the Buddha?

By Sangharakshita



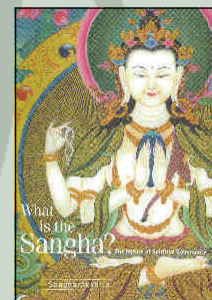
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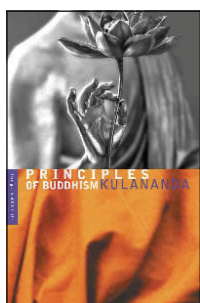


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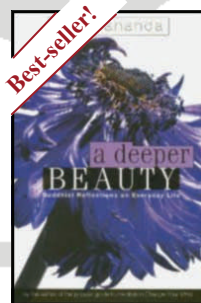
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