



Theravada Buddhism - Simple Guides

Diana St. Ruth

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THIS BOOK WILL HELP YOU

- to appreciate the timeless wisdom of the oldest form of Buddhism in existence today
- to understand what it means to be a Buddhist
- to recognize the key practices and traditions of Theravada Buddhism
- to avoid faux pas in conversation, in travelling and in personal relationships

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Simple Guides: Religion is a series of concise, accessible introductions to the world's major religions. Written by experts in the field, they offer an engaging and sympathetic description of the key concepts, beliefs and practices of different faiths.

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