

# NO-NONSENSE BUDDHISM FOR BEGINNERS



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TO BURNING  
QUESTIONS  
ABOUT

CORE  
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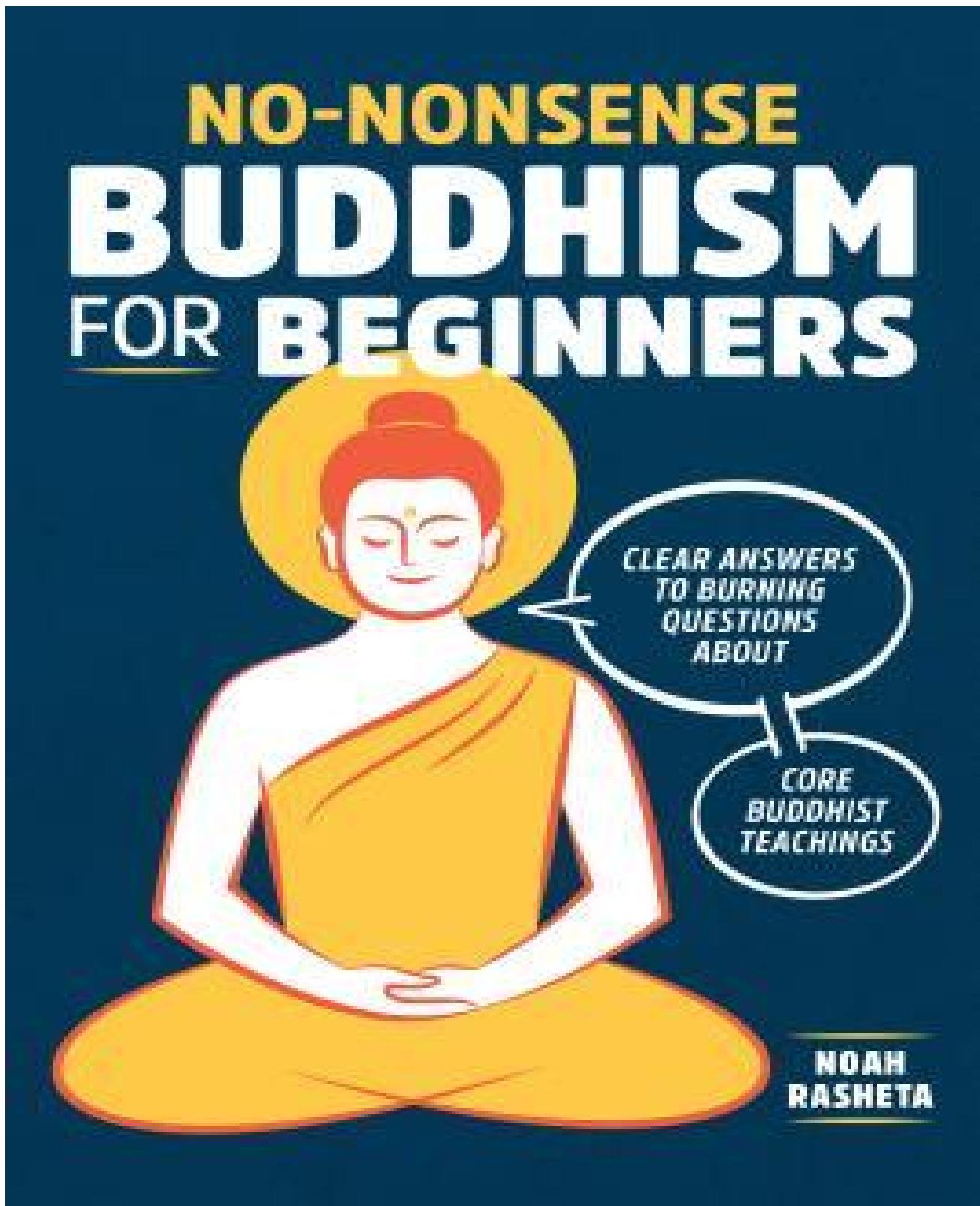
## **Book details**

Author : Noah Rasheta Pages : 152 pages Publisher :  
Language : eng ISBN-10 : 1641520477 ISBN-13 :  
9781641520478

## **Synopsis book**

Presented in a practical Q&A format, No-Nonsense Buddhism for Beginners is the most clear-cut introductory guide to understanding the essential concepts of Buddhism and how they relate to your daily life. How is an awakening different from enlightenment? Can agnostics and atheists be Buddhist? Am I supposed to stop thinking when I meditate? In No-Nonsense Buddhism for Beginners, renowned Buddhism teacher and host of the popular Secular Buddhism podcast, Noah Rasheta, delivers an easily accessible introduction to the teachings of Buddhism that answers these common questions and many more. With No-Nonsense Buddhism for Beginners you'll gain a fundamental understanding of Buddhism and how to apply the philosophies in your everyday life, through: A simple 4-part structure addressing the different aspects of Buddhism—the Buddha, key Buddhist concepts, the Buddhas teachings, and current Buddhist practices. Straightforward Q&As that simplify the vital concepts of Buddhism into

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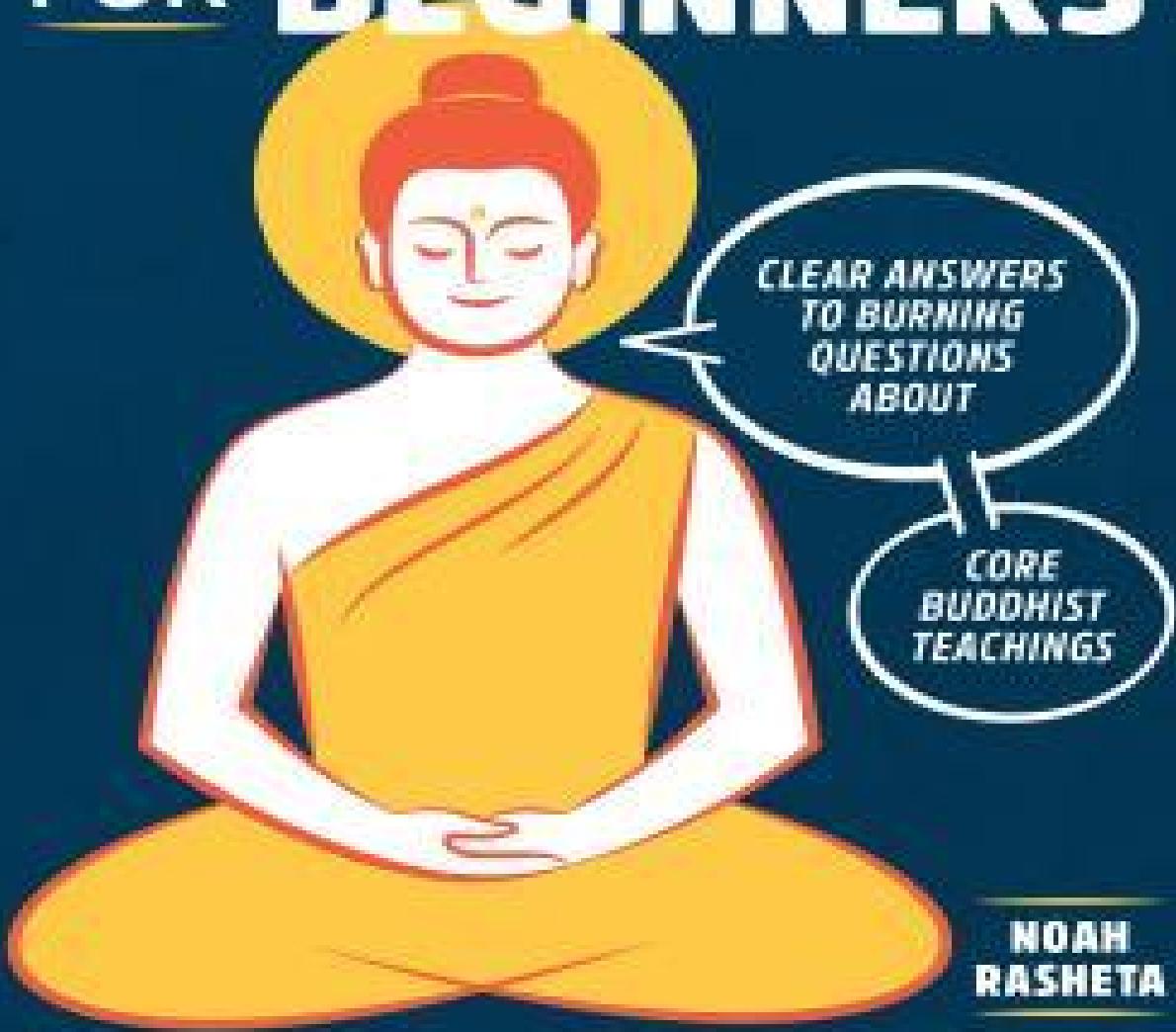
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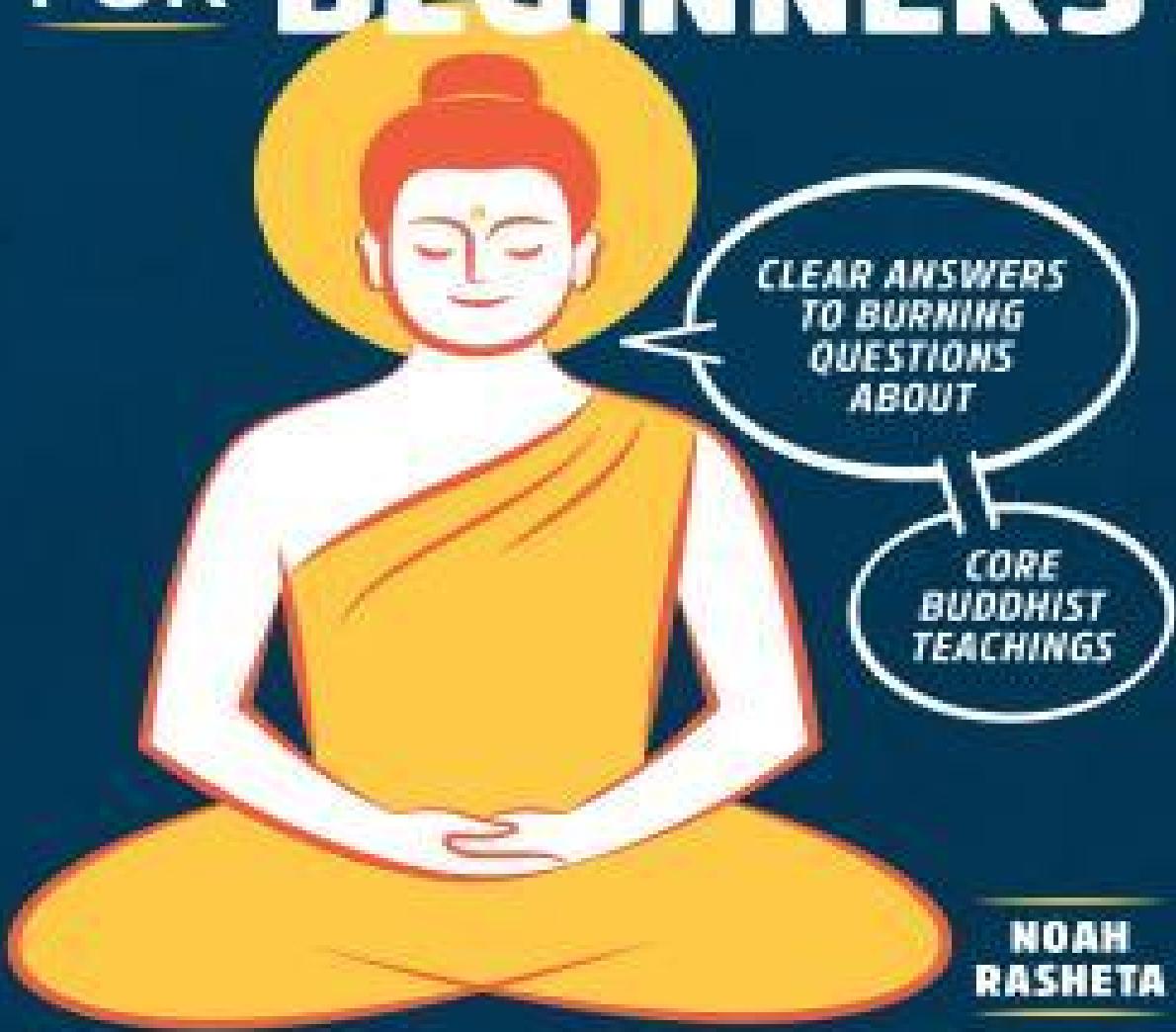
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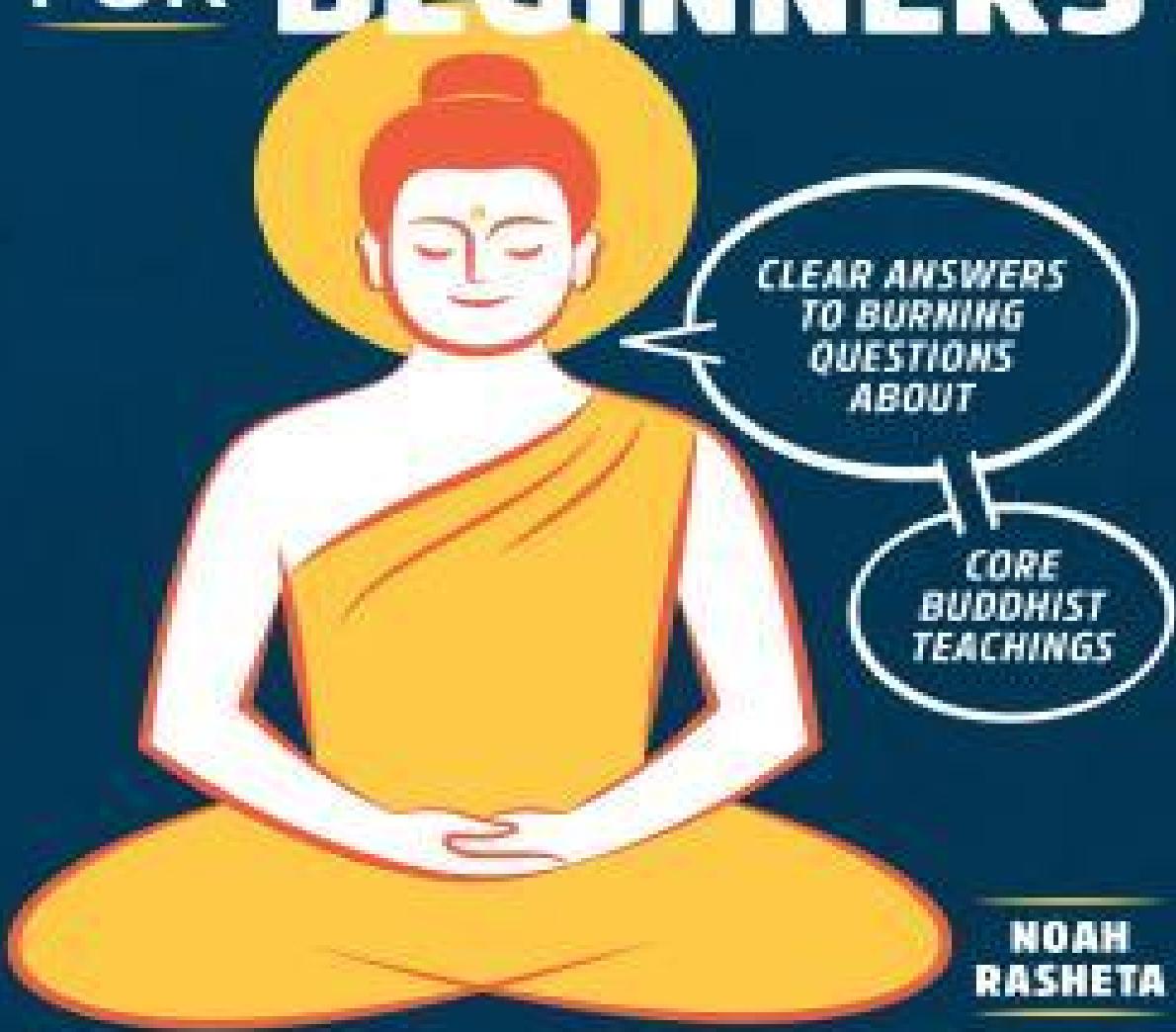
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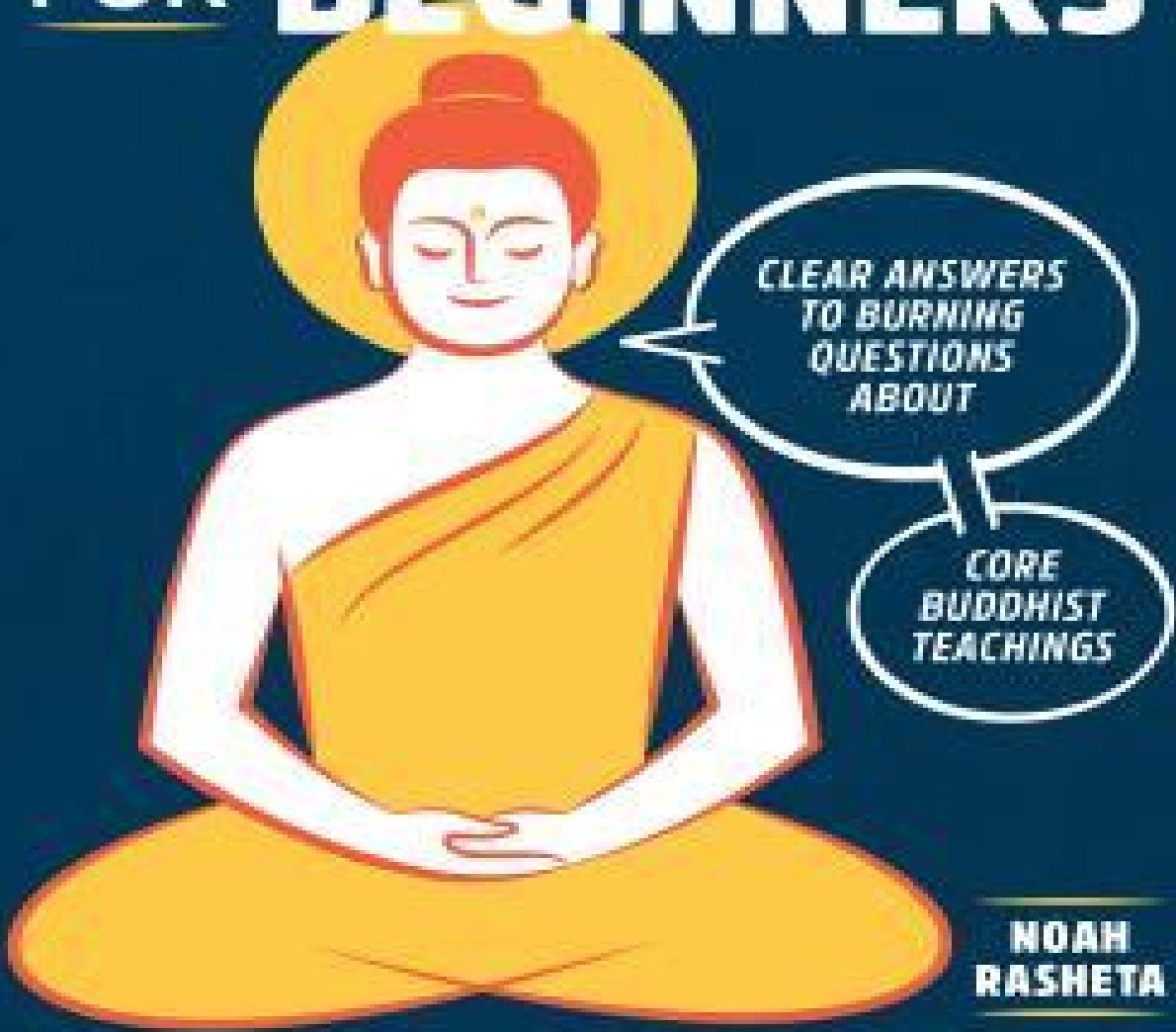
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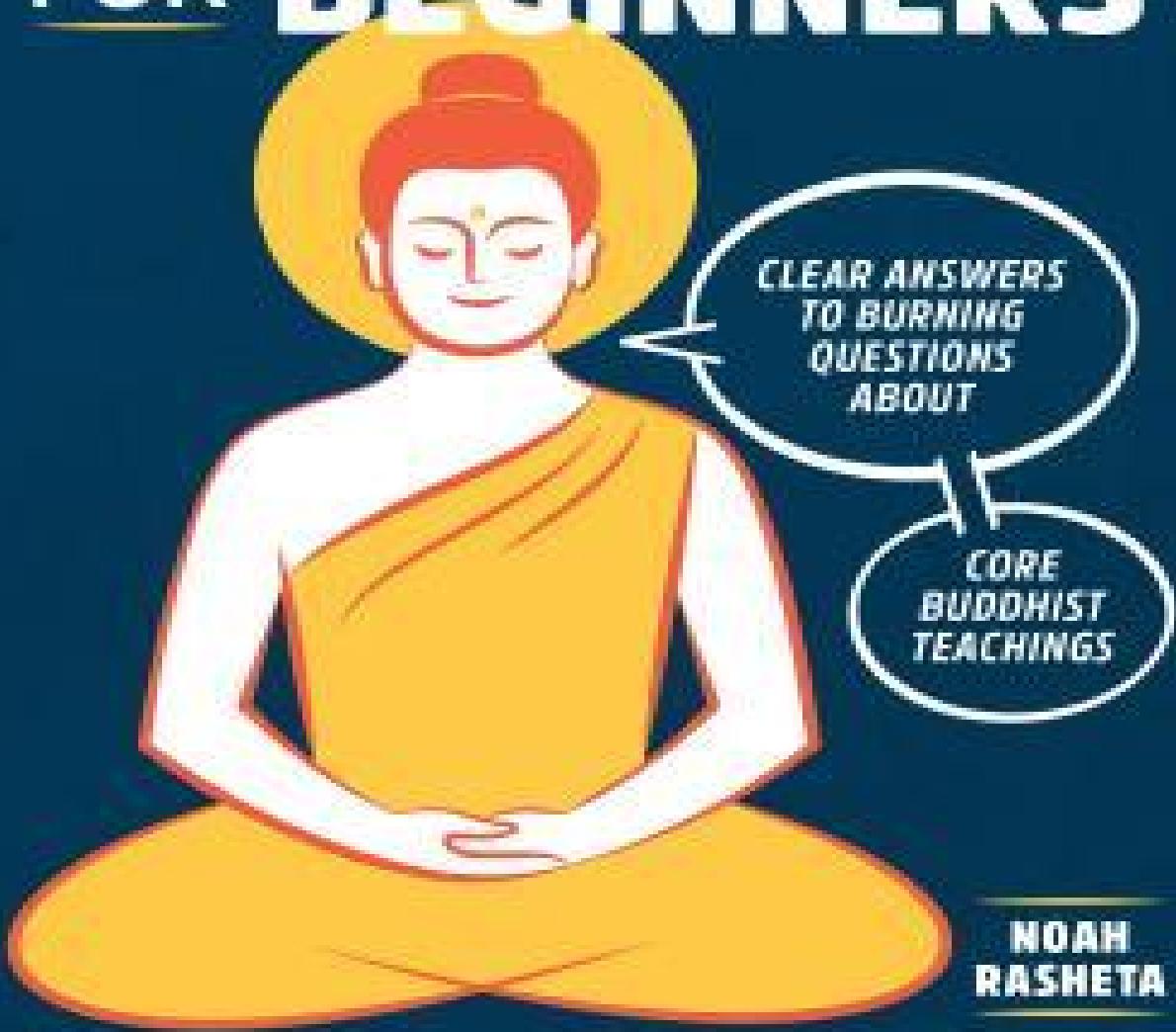
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