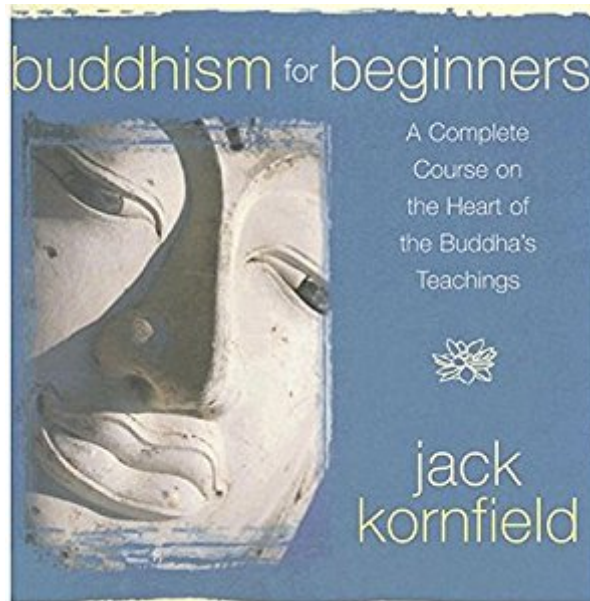




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# Buddhism For Beginners [Jack Kornfield]



## Synopsis

At the heart of all Buddhist wisdom lies one astonishing truth: that a way out of suffering and into a more deeply fulfilling life is not a myth, but a reality available to you through the power of skillful inquiry. With *Buddhism for Beginners*, celebrated teacher and author Jack Kornfield invites us to experience the gifts of this vast spiritual tradition. Created specifically to address the questions of first-time students, this fulllength retreat guides participants through Buddhism's cornerstone teachings, the principles of meditation practice, wisdom stories, traditional parables, and inspiring true accounts distilled from Buddhism's far-reaching legacy. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

Easy listening, helpful to understanding. Kornfield has a nice listening manner and voice, even adds humor.

Buddhism is a must for everyone to read and understand. This takes you on the road of lifepointing out what is important and what is not. Insight is not easy when we live in a world where possessions are the only thing that are supposed to make you happy

Great!!!

If you are interested in Buddhism this is the book for you! Jack Kornfield is amazing and really

paints the perfect picture of Buddhism! Its a must have.

Very informative.

As a beginning practioner, with little time now to look for a personal teacher, I depend on learning from some of the great teachers, by print or audio media. I found Jack Kornfield's teachings, on this audio course, to be insightful, easy to follow, well illustrated with examples and peppered with his delightful sense of humor. I can only hope to meet him some day. I would highly recommend this audio course to anyone interested in Buddhist philosophy and would wish that some of our world leaders would buy a copy as well!

This is the best talk I've listened to. I've listened several times over several years and it gets better each time (or perhaps I get wiser). Kornfield is both wise and funny. I highly recommend that you get this at Audible for two reasons 1) It is much cheaper (\$34 on Audible if you don't have a subscription) and on Audible you can increase the playback speed. I found it very comfortable at 1.5x speed. Of course you will need a device (such as iPhone or Android) to play it on.

This is a wonderful introduction to Buddhism - immediately understandable to a Western audience and full of meaning. Jack Kornfield is a rare teacher - intelligent and funny. I was very sad to reach the end of this series, and will probably listen to it again. I can't recommend it highly enough - it's wonderful.

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