

[Book] Buddhism Teach Yourself

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Journal of the Buddhist Society, "the newcomer to Buddhism has lacked a simple and reliable introduction to the complexities of the subject. Dr. Rahula's What the Buddha Taught fills the need as only could be done by one having a firm grasp of the vast material to be sifted. It is a model of what a book should be that is addressed first of all to 'the educated and intelligent reader.' Authoritative and clear, logical and sober, this study is as comprehensive as it is masterly." This edition contains a selection of illustrative texts from the Suttas and the Dhammapada (specially translated by the author), sixteen illustrations, and a bibliography, glossary, and index.

Teach Yourself Ethics-Mel Thompson 2003 Ethics introduces the main ethical theories and key thinkers. It features recent ethical issues and case studies, and includes applied ethics and the contribution of the major world religions. It encourages readers to ask questions about the moral choices they themselves make, and the choices of others and the reasons they give for them. Book jacket.

Buddhism: A Complete Introduction-Clive Erricker 2015-09-22 Buddhism: A Complete Introduction is a comprehensive and easy-to-use introduction, designed to give you everything you need to succeed, all in one place. Written by a leading expert, this book will help you if you are studying for an important exam or essay, or if you simply want to improve your knowledge. It is structured to mirror the way in which Buddhism is usually taught, starting with the life of the Buddha through to the prospects of Buddhism for the next generation. The book covers all the key areas that are considered central to Buddhism, including the Buddha's teachings, the scriptures and schools, the role of meditation and the moral and ethical context. It uses jargon-free English and includes features such as guided further reading and end of chapter questions to ensure that you understand all the concepts covered.

Buddhism In A Week: Teach Yourself-Clive Erricker 2013-08-30 Learn in a week, remember for a lifetime! In just one week, this accessible book will give you knowledge to last forever. End of chapter summaries and multiple choice questions are all designed to help you test your knowledge and gain confidence. So whether you are a student or you simply want to widen your knowledge, you will find this seven-day course a very memorable introduction. Sunday: Consider what Buddhism is and why it matters Monday: Learn who the Buddha was and how he lived Tuesday: Examine the Buddha's teaching on a wide range of issues Wednesday: Discover the Buddhist scriptures and learn how they are interpreted today. Thursday: Explore meditation and Buddhist devotional practices. Friday: Engage with the ethics of Buddhism, and how Buddhists respond to moral issues Saturday: Clarify procedures for disciplinary interviews

Buddhism-Clive Erricker 1995 As the popularity of Buddhism has stretched across the globe, the religion has taken on many forms, which are now present in the West and growing in variety. Teach Yourself Buddhism examines this historical journey, illustrating the persistent relevance of Buddha's teachings. Drawing on varied sources to evoke the spirit of Buddhism and to allow Buddhists to speak for themselves, the book provides in-depth coverage of the diversity of Buddhism and Buddhist practices. This new edition also provides an insightful examination of the role of Buddhism in the modern world.

Buddhism--An Introduction: A Teach Yourself Guide-Clive Erricker 2011-01-10 More than 60 million Teach Yourself products sold worldwide! Everything you need to know about Buddhism, from Buddha to Zen Covering all aspects of this fascinating faith, from the teachings of the Buddha to the practicalities of pursuing a Buddhist way of life, Buddhism is an informative and accessible introduction to this major world religion. You will learn about the origins of Buddhism, its place in society today and the challenges it faces for the future. Includes: One, five and ten-minute introductions to key principles to get readers started Lots of instant help with common problems and quick tips for success, based on the author's many years of experience Answers to many of the current issues and questions that surround Buddhism Complex religious and philosophical ideas in simple, readable prose. Topics include: Buddhists and Buddhism; The life of the Buddha; The Buddha's teaching; Buddhist scriptures and schools; Meditation and devotion; Ethical conduct; Moral issues; The social order; Festivals and ceremonies; Buddhism today: East and West; Transition, adaptation and influence: prospects for Buddhism in the twenty-first century

Teach Yourself Buddhism-Clive Erricker 2008-10-21 Discover Buddhism and its role in our world Covering all aspects of this fascinating religion from the life of the Buddha and his teaching to the different Buddhist schools and the practicalities of pursuing a Buddhist way of life, Teach Yourself Buddhism is a comprehensive and informative guide. It explores the diversity of Buddhism and how it has adapted to its growing global presence and new cultural environments as well as the relevance of Buddhist teachings in our world today. This fully updated new edition also considers what is undoubtedly the greatest challenge facing the faith--how Buddhism is to be transmitted to a new generation.

Teach Yourself - Zen-Christmas Humphreys 2003 Zen is a well-known introduction to the subject. It explains and points the way to the experience of Zen, bringing heightened consciousness, spiritual fulfillment and enlightenment. Having described the basic doctrine of Zen, it turns to Zen itself and examines the process of self-training towards the Zen experience of reality. Book jacket.

Buddhism: An Introduction-Clive Erricker 2010-05-28 Covering all aspects of this fascinating faith, from the teachings of the Buddha to the practicalities of pursuing a Buddhist way of life, Buddhism - an Introduction is an informative and accessible introduction to this major world religion. Learn about the origins of Buddhism, its place in society today and the challenges it faces for the future. Learn effortlessly with a new easy-to-read page design and added features: Not got much time? One, five and ten-minute introductions to key principles to get you started. Author insights Lots of instant help with common problems and quick tips for success, based on the author's many years of experience. Test yourself Tests in the book and online to keep track of your progress. Extend your knowledge Extra online articles to give you a richer understanding of psychology. Five things to remember Quick refreshers to help you remember the key facts. Try this Innovative exercises illustrate what you've learnt and how to use it.

Teach Yourself Buddhism - an Introduction- 2011

Teach Yourself Beginner's Buddhism-Clive Erricker 2004

Blessed Relief-Gordon Peerman 2008 Based on his conviction that Buddhist teachers have a lot to offer about how to deal with suffering, Episcopal priest Peerman takes readers on a lively, even lighthearted, journey through eight Buddhist practices that can bring "blessed relief" to a wide range of human suffering.

Pali-Kurt Schmidt 2011-07-01 This complete Pali course for beginners explains the most basic concepts of Pali grammar in 10 comprehensive lessons. Each lesson is based on original passages from the Tipitaka. The student thus dives into reading and understanding the Buddha's word from the very first chapter. Unlike other books on the Pali language, Kurt Schmidt's primer is both short, precise and extremely pragmatic. At the end of this excellent self-guided course the reader will be able to read and understand Pali texts. This is the 2nd revised and updated edition of the popular Pali beginner's course by Kurt Schmidt.

Buddhism In A Week-Clive Erricker 2013-08-30 " ?Learn in a week, remember for a lifetime! In just one week, this accessible book will give you knowledge to last forever. End of chapter summaries and multiple choice questions are all designed to help you test your knowledge and gain confidence. So whether you are a student or you simply want to widen your knowledge, you will find this seven-day course a very memorable introduction. SUNDAY: Consider what Buddhism is and why it matters. MONDAY: Learn who the Buddha was and how he lived. TUESDAY: Examine the Buddha's teaching on a wide range of issues. WEDNESDAY: Discover the Buddhist scriptures and learn how they are interpreted today. THURSDAY: Explore meditation and Buddhist devotional practices. FRIDAY: Engage with the ethics of Buddhism, and how Buddhists respond to moral issues. SATURDAY: Learn about the main Buddhist festivals and ceremonies.?"

Buddhism: All That Matters-Pascale Engelmajer 2014-01-31 In Buddhism: All That Matters, Dr Engelmajer gives us a glimpse of what being a Buddhist in today's world entails, and how this links back to the historical and doctrinal development of the many Buddhist traditions extant today. The narrative follows the religious lives of four fictional characters, representative of four Buddhist traditions (Theravada, Chinese Pure Land, Japanese Zen and Tibetan) in their daily lives, describing what being a Buddhist today entails: religious and devotional practices, dietary requirements, ethical principles, and religious and philosophical beliefs. Grounded in the latest scholarship, this book offers a live picture of Buddhism as it is: a variety of practices and beliefs that stem from common doctrines and have developed in many ways across time and space. This accessible and concise book will appeal to both students and general readers, giving a fascinating introduction book will appeal to both students and general readers, giving a fascinating introduction.

Tiny Buddha's Guide to Loving Yourself-Lori Deschene 2013-10-08 Learn to stop self-judgment and practice self-love with these helpful stories, insights, and epiphanies from the Tiny Buddha community. We know we need to be good to ourselves if we want to be happy. So why is it so difficult? We are simultaneously the harsh judge and the lost, scared child who wants to stop feeling judged. It becomes a vicious cycle that only stops when we step outside ourselves and observe how we got ourselves stuck. Only then can we learn to practice gratitude and positive thinking. Lori Deschene, author and creator of TinyBuddha.com, shares forty insightful perspectives on why we judge ourselves so harshly—and how we can stop. Featuring stories, reflections, and epiphanies selected from hundreds of TinyBuddha.com contributors, Tiny Buddha's Guide to Loving Yourself provides an honest look at what it means to overcome critical, self-judging thoughts and create a peaceful, empowered life.

Radical Acceptance-Tara Brach 2012-08-31 'An invitation to embrace ourselves with all our pain, fear and anxieties, and to step lightly yet firmly on the path of understanding and compassion' Thich Nhat Hanh Feelings of self-doubt and insecurity are what hold us back in life and cause true suffering. In her landmark book Radical Acceptance, renowned meditation and mindfulness teacher Tara Brach offers us all a path to freedom. Drawing on personal stories, Buddhist teachings and guided meditations Tara leads us to trust our innate goodness. She reveals how we can develop the balance of clear-sightedness and compassion, heal fear and shame and build loving, authentic relationships.

Buddhism-Paul Oliver 2012-01-10 Open this book and you will - Discover Buddha's teachings - Gain awareness - Apply Buddhist beliefs - Become enlightened

Essential Buddhism-Jack Maguire 2013-09-03 Four hundred million people call themselves Buddhists today. Yet most Westerners know little about this powerful, Eastern-spanned faith. How did it begin? What do its adherents believe? Why are so many Westerners drawn to it? Essential Buddhism responds to these questions and evolved through diverse cultural adaptations into three basic formats: * Theravada (including Vipassana, brought from Vietnam in the 1960s and including such practitioners as Jack Kornfield and Jon Kapat-Zinn) * Mahayana (including Zen Buddhism, originally brought to America by Japanese teachers after World War II and popularized by Jack Kerouac and Thomas Merton) * Vajrayana (including Tibetan Buddhism, from the teachers who fled the Chinese takeover of Tibet in the 1950s as well as the Dalai Lama, and embraced by Allen Ginsberg, Richard Gere, and countless others) Essential Buddhism is the single best resource for the novice and the expert alike, exploring the depths of Buddhism's popularity and illuminating its tenets and sensible approach to living. Written in the lucid prose of a longtime professional storyteller, and full of Buddhist tales, scriptural quotes, ancient stories, and contemporary insights, Essential Buddhism is the first complete guide to the faith and the phenomenon.

Buddhism without Beliefs-Stephen Batchelor 1998-03-01 A national bestseller and acclaimed guide to Buddhism for beginners and practitioners alike In this simple but important volume, Stephen Batchelor reminds us that the Buddha was not a mystic who claimed privileged, esoteric knowledge of the universe, but a man who challenged us to understand the nature of anguish, let go of its origins, and bring into being a way of life that is available to us all. The concepts and practices of Buddhism, says Batchelor, are not something to believe in but something to do—and as he explains clearly and compellingly, it is a practice that we can engage in, regardless of our background or beliefs, as we live every day on the path to spiritual enlightenment.

Buddhism-Mel Thompson 2000

Talk to Yourself Like a Buddhist-Cynthia Kane 2018-04-23 Change Your Words, Change Your World There are hundreds of books, workshops, and classes that teach us how to communicate effectively with others, but very few of us pay attention to how we speak to ourselves. Best-selling author and communication expert Cynthia Kane believes this is a problem, and she is sounding the alarm! Kane writes that there is an unreported epidemic of negative self-talk in our culture today. Many of us speak to ourselves in demeaning and hurtful ways, using language we would never use with anyone else. To make matters worse, we often don't even realize when we are doing this, as these old mental tapes play in repeating loops without our awareness. In Talk to Yourself Like a Buddhist, certified mindfulness and meditation instructor Cynthia Kane introduces the Middle Path of Self-Communication, which consists of five mindful practices—Listen, Explore, Question, Release, and Balance—all of which are grounded in Buddhist principles. This book will show you how to: Identify your negative self-talk and explore the underlying self-judgments that produce it Release the judgments that are poisoning your self-communication Practice a system of balanced internal communication based on truth and compassion When we speak to ourselves negatively, we set a tone for our day and our interactions with others in the world. Talk to Yourself Like a Buddhist can teach you how to turn off the enemy in your mind—and create a new relationship with yourself and the world around you—simply by noticing, investigating, and changing the words you use to speak to yourself.

The Buddha's Way of Happiness-Thomas Bien 2011-01-01 Discover the Secrets to Happiness and Well-Being The excitement you feel after hearing good news or achieving a goal is fleeting, but true happiness—that is, the warm feeling of deep contentment and joy—is lasting, and it can be yours in every moment. The Buddha's Way of Happiness is a guide to putting aside your anxieties about the future, regrets about the past, and constant longing to change your life for the better, and awakening to the joy of living. With this book as your guide, you'll identify the barriers to happiness you create in your own life and use the eightfold path of Buddhist psychology to improve your ability to appreciate the small, joyful moments that happen every day. These exercises, meditations, and concrete approaches to practicing happiness and well-being are drawn from mindfulness, "no self," and other ancient Buddhist insights, many of which have been proven effective by today's psychologists and researchers. With the knowledge that happiness is a habit you can adopt like any other, take the first step down this deeply fulfilling path on your life's journey.

Black Ants and Buddhists-Mary Cowhey 2006-01-01 Woven through the book is Mary's unflinching and humorous account of her own roots in a struggling large Irish Catholic family and her early career as a community activist. Mary's teaching is infused with lessons of her heroes: Gandhi, Eleanor Roosevelt, Helen Keller, Martin Luther King, Jr., and others. Her students learn to make connections between their lives, the books they read, the community leaders they meet, and the larger world.

What the Buddha Taught-Walpola Rahula 2007-12-01 This indispensable volume is a lucid and faithful account of the Buddha's teachings. "For years," says the

Journal of the Buddhist Society, "the newcomer to Buddhism has lacked a simple and reliable introduction to the complexities of the subject. Dr. Rahula's What the Buddha Taught fills the need as only could be done by one having a firm grasp of the vast material to be sifted. It is a model of what a book should be that is addressed first of all to 'the educated and intelligent reader.' Authoritative and clear, logical and sober, this study is as comprehensive as it is masterly." This edition contains a selection of illustrative texts from the Suttas and the Dhammapada (specially translated by the author), sixteen illustrations, and a bibliography, glossary, and index.

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Buddhism-Elias Axmar 2016-02-27 Learn How to Practice Buddhism, In Your Everyday Life! This book contains actionable information on how to practice Buddhism in your daily life.'Better than a thousand hollow words is one word that brings peace.'- Buddha This beautiful, meaningful quote by Buddha, the founder of Buddhism sums up the basic essence of Buddhism. This book is going to help you better understand what Buddhism is, how it can benefit you, and how you can apply it in your routine life. Buddhism provides you with deep information related to the worldly pleasures, your desires, and everything that prevents you from acquiring inner peace and happiness. Moreover, it also guides you on how you can battle all your obstructions, both the inner and outer ones, to gain complete peace of mind. Buddhism is a philosophy, some refer to it as a religion, or a faith, that comprises of numerous beliefs, spiritual practices and traditions based primarily on the teachings of Gautama Buddha. Let us dig deeper into this and find out more about Buddhism. If you want to improve your understanding of Buddhism, you have landed at the right place. Reading this book to find out how Buddhism can be of help to you. In this book, you'll learn... Buddhism-Detailed Insight Into Buddhism And How It Came Into Being Teachings Of Buddhism Four Noble Truths How You Can Benefit From Buddhism How To Eliminate Depression With Meditation Mudras For Fighting Stress Mindfulness Exercises For Happiness Buddhism Practices For Improving your Health and Sleep Related Problems Mudras for Losing Weight, Improving Health, and Sleeping Better How to Improve your Relationships and Professional Life with Buddhism And more! Buy the book today and Learn How to Practice Buddhism, In Your Everyday Life!

Buddhism Plain and Simple-Steve Hagen 2011-06-21 Buddhism Plain and Simple offers a clear, straightforward treatise on Buddhism in general and on awareness in particular. When Buddha was asked to sum up his teaching in a single world, he said, "Awareness." The Buddha taught how to see directly into the nature of experience. His observations and insights are plain, practical, and down-to-earth, and they deal exclusively with the present. Longtime teacher of Buddhism Steve Hagan presents the Buddha's uncluttered, original teachings in everyday, accessible language unencumbered by religious ritual, tradition, or belief.

The Heart Of Buddha's Teaching-Thich Nhat Hanh 2008-09-04 'Thich Nhat Hanh shows us the connection between personal, inner peace, and peace on earth.' The Dalai Lama In The Heart of the Buddha's Teaching, Thich Nhat Hanh brings his gift of clear and poetic expression to an explanation of the Four Noble Truths, the Noble Eightfold Path, and other basic Buddhist teachings. Thich Nhat Hanh's extraordinary contribution to Buddhism and to life is the way he makes these teachings and practices accessible to everyone, showing us how the very suffering that is holding us down can be the path to our liberation.

Buddhism for Beginners-Thubten Chodron 2001-01-01 This user's guide to Buddhist basics takes the most commonly asked questions—beginning with "What is the essence of the Buddha's teachings?"—and provides simple answers in plain English. Thubten Chodron's responses to the questions that always seem to arise among people approaching Buddhism make this an exceptionally complete and accessible introduction—as well as a manual for living a more peaceful, mindful, and satisfying Life. Buddhism for Beginners is an ideal first book on the subject for anyone, but it's also a wonderful resource for seasoned students, since the question-and-answer format makes it easy to find just the topic you're looking for, such as: • What is the goal of the Buddhist path? • What is karma? • If all phenomena are empty, does that mean nothing exists? • How can we deal with fear? • How do I establish a regular meditation practice? • What are the qualities I should look for in a teacher? • What is Buddha-nature? • Why can't we remember our past lives?

Stepping Out of Self-Deception-Rodney Smith 2010-07-13 Anatta is the Buddhist teaching on the nonexistence of a permanent, independent self. It's a notoriously puzzling and elusive concept, usually leading to such questions as, "If I don't have a self, who's reading this sentence?" It's not that there's no self there, says Rodney Smith. It's just that the self that is reading this sentence is a configuration of elements that at one time did not exist and which at some point in the future will disperse. Even in its present existence, it's more a temporary arrangement of components rather than something solid. Anatta is a truth the Buddha considered to be absolutely essential to his teaching. Smith shows that understanding this truth can change the way you relate to the world, and that the perspective of selflessness is critically important for anyone involved in spiritual practice. Seeing it can be the key to getting past the idea that spirituality has something to do with self-improvement, and to accessing the joy of deep insight into reality.

Why Buddhism is True-Robert Wright 2017-08-08 Philosophically explains how the human mind evolved to channel anxiety, depression, anger, and greed and how a healthy practice of Buddhist meditation can promote clarity and alleviate suffering.

Jesus and Buddha-Marcus Borg 2020-11-03 Discover the teachings of Jesus and Buddha with over 100 examples presented side by side to reveal striking similarities. A perfect book for anyone interested in Christianity, Buddhism, mindfulness, meditation, and all ways of seeking enlightenment. This stunning collection is perfect for those curious about the influential teachers, Jesus and Buddha, and their lessons of peace, love, patience, and kindness. Witness as two of the most holy beings meet in a thought-provoking encounter of the spirit. Compare the Bible verse: "Jesus knew all people and needed no one to testify about anyone; for he himself knew what was in everyone" (John 2.24-25) to the Buddhist scripture: "He was expert in knowing the thoughts and actions of living beings" (Vimalakirtinirdesha Sutra 2). Jesus and Buddha is a timeless testament to what makes us similar rather than different. This enlightening book also makes a great gift.

Untangling Self-Andrew Olendzki 2016-12-13 Untangling Self invites us to see nonself, interdependence, and mindfulness as rational, real-world solutions to the human condition of suffering. In psychologically rich essays that equally probe traditional Buddhist thought and contemporary issues, Andrew Olendzki helps us to reconcile ancient Buddhist thought with our day-to-day life. His writing is sophisticated and engaged, filled with memorable imagery and insight drawn from decades of study, reflection, and meditation on Buddhist teachings. Seasoned Buddhist readers and anyone interested in the intellectual heritage of Buddhism will find this collection of fascinating essays rewarding.

Beyond the Self-Mathieu Ricard 2018-10-21 Converging and diverging views on the mind, the self, consciousness, the unconscious, free will, perception, meditation, and other topics. Buddhism shares with science the task of examining the mind empirically; it has pursued, for two millennia, direct investigation of the mind through penetrating introspection. Neuroscience, on the other hand, relies on third-person knowledge in the form of scientific observation. In this book, Matthieu Ricard, a Buddhist monk trained as a molecular biologist, and Wolf Singer, a distinguished neuroscientist–close friends, continuing an ongoing dialogue—offer their perspectives on the mind, the self, consciousness, the unconscious, free will, epistemology, meditation, and neuroplasticity. Ricard and Singer's wide-ranging conversation stages an enlightening and engaging encounter between Buddhism's wealth of experiential findings and neuroscience's abundance of experimental results. They discuss, among many other things, the difference between rumination and meditation (rumination is the scourge of meditation, but psychotherapy depends on it); the distinction between pure awareness and its contents; the Buddhist idea (or lack of one) of the unconscious and neuroscience's precise criteria for conscious and unconscious processes; and the commonalities between cognitive behavioral therapy and meditation. Their views diverge (Ricard asserts that the third-person approach will never encounter consciousness as a primary experience) and converge (Singer points out that the neuroscientific understanding of perception as reconstruction is very like the Buddhist all-discriminating wisdom) but both keep their vision trained on understanding fundamental aspects of human life.

Buddhism for Mothers-Sarah Naphthali 2010 Become a calmer and happier mother with Buddhism for Mothers. This is an excellent, practical guide to everyday Buddhism not just for mothers, but for everyone who has ever had a mother. ' Vicki Mackenzie, author of the bestselling Why Buddhism Parenthood can be a time of great inner turmoil for a woman yet parenting books invariably focus on nurturing children rather than the mothers who struggle to raise them. This book is different. It is a book for mothers. Buddhism for Mothers explores the potential to be with your children in the all-important present moment; to gain the most joy out of being with them. How can this be done calmly and with a minimum of anger, worry and negative thinking? How can mothers negotiate the changed conditions of their relationships with partners, family and even with friends? Using Buddhist practices, Sarah Naphthali offers ways of coping with the day-to-day challenges of motherhood. Ways that also allow space for the deeper reflections about who we are and what makes us happy. By acknowledging the sorrows as well as the joys of mothering Buddhism for Mothers can help you shift your perspective so that your mind actually helps you through your day rather than dragging you down. This is Buddhism at its most accessible, applied to the daily realities of ordinary parents. Even if exploring Buddhism at this busy stage of your life is not where you thought you'd be, it's well worthwhile reading this book. It can make a difference.

Tiny Buddha's Guide to Loving Yourself-Lori Deschene 2013-10-08 Many of us know intellectually that we need to be good to ourselves if we want to be happy. But it feels so hard. We are simultaneously the harsh judge and the lost, scared child who wants to stop feeling judged. It becomes a vicious cycle. It only stops when we step outside ourselves and observe how we get ourselves stuck. Tiny Buddha's Guide to Loving Yourself from tinybuddha.com creator Lori Deschene shares 40 unique perspectives and insights on topics related to loving yourself, including: realizing you're not broken, accepting your flaws, releasing the need for approval, forgiving yourself, letting go of comparisons, and learning to be authentic. Featuring stories selected from hundreds of TinyBuddha.com contributors, the book provides an honest look at what it means to overcome critical, self-judging thoughts to create a peaceful, empowered life. Tiny Buddha's Guide to Loving Yourself is a collection of vulnerable reflections and epiphanies from people, just like you, who are learning to love themselves, flaws and all. The book combines all of the elements that made Deschene's first book, Tiny Buddha, compelling–authentic, vulnerable stories (four in each chapter); insightful observations about our shared struggles and how to overcome them; and action-oriented suggestions, based on the wisdom in the stories.

Teach Yourself to Dream-David Fontana 1997-02-01 Teach Yourself to Dream, the practical companion to Chronicle Books' best-selling Secret Language of Dreams, is a beautifully illustrated, hands-on guide to remembering and understanding dreams. Dr. David Fontana, renowned for his dream workshops, presents more than fifty exercises that enable earnest dreamers to explore, intensify, and even guide their night wanderings. With more than 150 images that evoke the surreal quality of dream visions and a brief A to Z directory of dream symbols and their meanings, Teach Yourself to Dream is a unique new tool for anyone interested in utilizing the life-changing power of dreams.

Teach Yourself Catholicism-Peter Stanford 2008 Teach Yourself Catholicism is a comprehensive guide to the Catholic faith. It begins by focusing on the essential beliefs of Catholicism (the sacraments, transubstantiation, pro-life) before delving into the history of the Catholic church and the roots of its traditions and practices. Considering the key influences in over 2000 years of fascinating history, you will soon have a good understanding of, amongst other things, the role of Jesus and Mary, the Papacy, the Great Schism and the Reformation. Peter Stanford then goes on to focus on the church in the modern world, assessing the Second Vatican Council and the key debates and questions that surround the religion today. Why has the Catholic church been so riled by the Da Vinci Code? How does Catholicism relate to our world today? Is there such a thing as a Catholic morality? Never shyng away from difficult questions, Teach Yourself Catholicism is an informative and engaging read. Each title in the religion sub-series as Teach Yourself aims to present all the essential information required by a reader who has little or no previous knowledge of the religion. Perhaps you are a student studying the religion in question? Perhaps your job brings you into contact with members of a particular faith community and you want to feel confident that you are treating them with sensitivity and respect? Perhaps you have a serious spiritual interest in the religion yourself? Whether you have a particular goal in mind or are simply interested in learning more about any one of the fascinating religions covered by this series, you are certain to find these books useful and informative. Other titles in this series: Teach Yourself Christianity, Teach Yourself Judaism, Teach Yourself Islam, Teach Yourself Sikhism, Teach Yourself Buddhism, Teach Yourself Hinduism, Teach Yourself World Faiths.

Buddha's Brain-Rick Hanson 2011-07-13 Jesus, Moses, Mohammed, Gandhi, and the Buddha all had brains built essentially like anyone else's, yet they were able to harness their thoughts and shape their patterns of thinking in ways that changed history. With new breakthroughs in modern neuroscience and the wisdom of thousands of years of contemplative practice, it is possible for us to shape our own thoughts in a similar way for greater happiness, love, compassion, and wisdom. Buddha's Brain joins the forces of modern neuroscience with ancient contemplative teachings to show readers how they can work toward greater emotional well-being, healthier relationships, more effective actions, and deepened religious and spiritual understanding. This book will explain how the core elements of both psychological well-being and religious or spiritual life-virtue, mindfulness, and wisdom—are based in the core functions of the brain: regulating, learning, and valuing. Readers will also learn practical ways to apply this information, as the book offers many exercises they can do to tap the unused potential of the brain and rewire it over time for greater peace and well-being.

The Buddha in Your Mirror-Woody Hochswender 2012-03-01 While the notion that "happiness can found within oneself" has recently become popular, Buddhism has taught for thousands of years that every person is a Buddha, or enlightened being, and has the potential for true and lasting happiness. Through real-life examples, the authors explain how adopting this outlook has positive effects on one's health, relationships, and career, and gives new insights into world environmental concerns, peace issues, and other major social problems.

World Faiths - An Introduction: Teach Yourself-Paul Oliver 2010-05-28 This book is a concise guide to the major religions around the world. Become familiar with the history of each faith, its core beliefs, and how it is practised today. Whether you're studying theology or just want to know more about the faiths that shape our world, this clearly structured guide offers everything you need to get started. NOT GOT MUCH TIME? One, five and ten-minute introductions to key principles to get you started. AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success, based on the author's many years of experience. TEST YOURSELF Tests in the book and online to keep track of your progress. EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of psychology. FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts. TRY THIS Innovative exercises illustrate what you've learnt and how to use it.