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pared down to its

essence and

explained in simple,

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And Simple --- it is "plain and simple" and he emphasized that throughout the book. This doesn't mean, however, that the book was boring or uninspiring. We often want to make things more complicated than they really are.

Buddhism Plain and Simple by Steve

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Aspects of everyday
life where we need
them the most.

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most straightforward
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□The buddha-dharma
does not invite us to
dabble in abstract
notions. Rather, the
task it presents us
with is to attend to

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And actually
experience, right in
this moment. You
don't have to look
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Buddhism originated in India, based on the teachings, of Siddhartha Gautama, later known as Gautama Buddha. A Buddha is one who is said to be awake to the truth of life. Over the centuries his teachings spread from Nepal to Central Asia, Tibet, Sri Lanka, Southeast Asia,

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China, Mongolia, Korea, Japan, and now Europe and North and South America. Theravada Buddhism is most common in South Asia; Mahayana further north.

Buddhism exists in many different strands today, but all schools and sects share

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or rediscover, the
essence of Buddhism.

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Simple. This book
offers a clear,
straightforward
approach to
Buddhism in general

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and awareness in particular. It is about being awake and in touch with what is going on here and...

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Anyone wanting to discover, or rediscover, the essence of Buddhism. Book Overview : This is a book about awareness – it's about being "awake" and in touch with what is going on here and now.

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Published by Beth

Clark ▫ November 14,

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can inspire you to be

your best self in ways

you're not able to on

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treatise on Buddhism in general and on awareness in particular. When Buddha was asked to sum up his teaching in a single word, he said, "Awareness." The Buddha taught how to see directly into the nature of experience.

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The newcomer to Buddhism will be inspired by this accessible and provocative introduction, and those more familiar with Buddhism will welcome this much needed hands-on guide to understanding what it truly means to be awake. By being

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And Simple. When
the mind is pure, joy
follows like a shadow
that never leaves." -

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becoming increasingly
popular, thanks to the
positive benefits it can
bring to those who
choose to practice it.

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