



Buddhism: Eight Steps to Happiness

Dieter Glogowski

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The various religions and spiritual paths of this world have inspired each other and exchanged great ideas. Although this volume's main focus is on the path to enlightenment taught by the Buddha the Buddhists Noble Eightfold Path it goes beyond his teachings and collects quotations of wisdom from other religions as well. Buddhism covers Wisdom, Consciousness, Compassion, Equanimity, Love, Impermanence, Mindfulness, and Meditation. With illustrations that inspire.

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