



A Guide to the Buddhist Path

Sangharakshita

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A Guide to the Buddhist Path Sangharakshita

In this approachable handbook, Sangharakshita guides the reader through the complex tradition of Buddhism. In part one he tackles the theory of the religion in sections devoted to the Buddha, his teachings, and the spiritual community, while in part two he discusses the practicalities of trying to lead a Buddhist life. For those wishing to deepen their knowledge and experience of Buddhism, this is a complete map of the Buddhist path.

Sangharakshita is the founder of the Triratna Buddhist Community. He has a lifetime of teaching experience and is the author of over forty books.

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