



Buddhism: A Beginner's Guide to Inner Peace and Fufillment

Jack Kornfield

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Why are so many contemporary westerners drawn to Buddhist philosophy? Because it offers a practical means to achieving the inner peace, fulfillment and happiness that we all want. *Buddhism: A Beginner's Guide to Inner Peace and Fulfillment* is an informative yet compact audio guide with celebrated teacher Jack Kornfield. In one liberating CD session, listeners hear the story of Siddhartha's enlightenment under the Bodhi Tree, the core wisdom of the Four Noble Truths and the Eighthfold Path, and essentials of Buddhism's many branches and practices. With guided mindfulness and loving kindness meditations.



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