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What Do Buddhists Believe?: Meaning and Mindfulness in Buddhist Philosophy

Tony Morris

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A concise, informative, and fascinating short book that explains the how and why of Buddhism.

Buddhism is one of the world's oldest and most widespread religions, with a history spanning some 2,500 years. It has nearly 400 million adherents and there are Buddhists today in almost every country in the world.

In *What Do Buddhists Believe?*, Tony Morris gives readers a sense of the most important and interesting facets of Buddhism and some of the reasons why, in an age that seems increasingly disenchanted with traditional ethical and religious teachings and organized religion, Buddhism appears to be thriving.

The teachings of Buddhism are vast and various. At its core, though, is a simple set of propositions and practices. Its emphasis has always been, and remains, how to live a wise, happy, compassionate, and fulfilled life. Complete with a useful time line, further suggested reading, and a list of contacts, *What Do Buddhists Believe?* is the ideal book for anyone wishing to acquaint themselves with this ancient and fascinating religion.

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