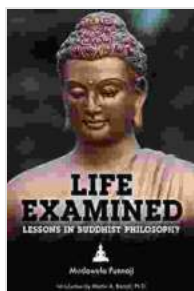


Life Examined: Lessons in Buddhist Philosophy

Buddhism is one of the world's oldest and most influential spiritual traditions, with a rich history and a vast array of teachings. In *Life Examined: Lessons in Buddhist Philosophy*, author and Buddhist scholar Stephen Batchelor offers a comprehensive guide to the principles and practices of Buddhism, exploring the nature of reality, suffering, and the path to enlightenment.

Batchelor begins by introducing the basic teachings of Buddhism, including the Four Noble Truths and the Noble Eightfold Path. He then delves into the more profound aspects of Buddhist thought, such as the nature of the self, the concept of emptiness, and the practice of meditation.



Life Examined: Lessons in Buddhist Philosophy

by Madawela Punnaji

★★★★★ 5 out of 5

Language : English

File size : 8367 KB

Screen Reader: Supported

Print length : 281 pages

Lending : Enabled



Throughout the book, Batchelor draws on his own experience as a practicing Buddhist to offer insights into the challenges and rewards of the

Buddhist path. He also provides practical advice on how to incorporate Buddhist principles into daily life.

Life Examined is an essential read for anyone interested in learning more about Buddhism. It is a clear, concise, and accessible guide to one of the world's most profound spiritual traditions.

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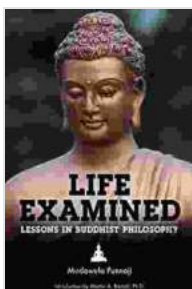
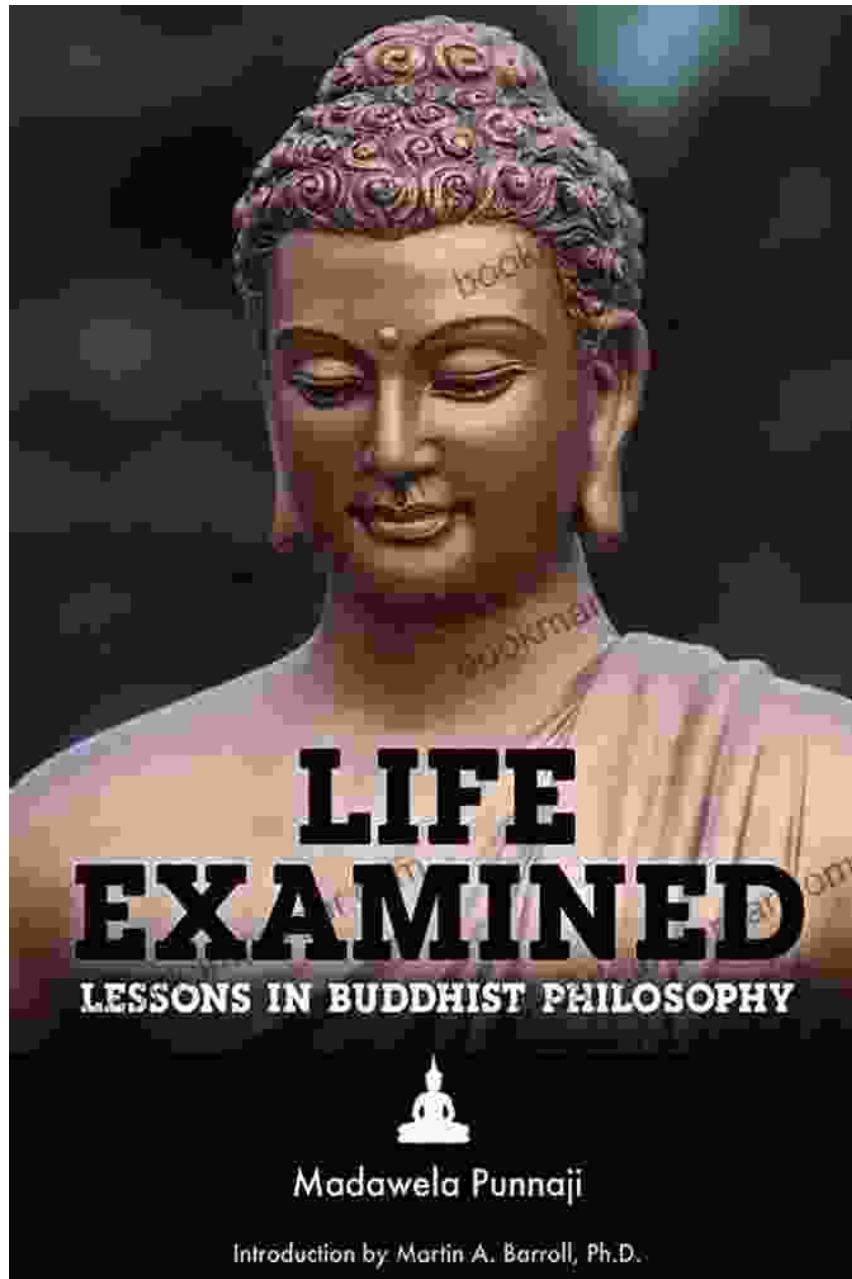
About the Author

Stephen Batchelor is a Buddhist scholar and author. He has been practicing Buddhism for over forty years and has taught meditation and Buddhist philosophy around the world. Batchelor is the author of several books on Buddhism, including *The Awakening of the Heart*, *After Buddhism*, and *Confessions of a Buddhist Atheist*.

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- The Four Noble Truths
- The Noble Eightfold Path
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- The Concept of Emptiness
- The Practice of Meditation
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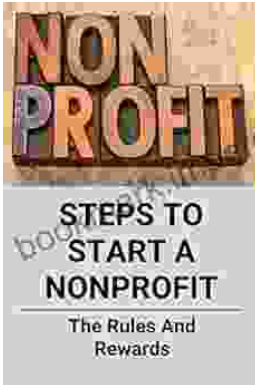
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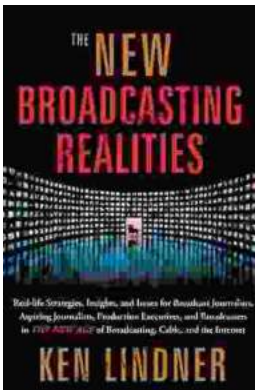
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