
Acces PDF An Introduction To Buddhism Teachings History And Practices Peter Harvey

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In *The Heart of the Buddha's Teaching*, Thich Nhat Hanh brings his gift of clear and poetic expression to an explanation of the Four Noble Truths, the Noble Eightfold Path, and other basic Buddhist teachings. Thich Nhat Hanh's extraordinary contribution to Buddhism and to life is the way he makes these teachings and practices accessible to everyone, showing us how the very suffering that is holding us down can be the path to our liberation. Beginning with an introduction to the life of Buddha, Geshe Kelsang then explains the central principles behind the Buddhist way of life and what it means to be a Buddhist. He introduces the reader to subjects such as karma, reincarnation, and cyclic existence, all the while showing how we can apply these teachings to our everyday life. Meditation is explained simply, while more complex subjects such as the path to liberation and emptiness are also presented in an accessible way.

This brief introduction to Buddhism is designed to help readers understand this important religious tradition. With both nuance and balance, this text provides broad coverage of various forms of Buddhism with an arresting layout with rich colors. It offers both historical overviews and modern perspectives on Buddhist beliefs and practices. The user-friendly content is enhanced by charts of religious festivals, historic timelines, updated maps, and a useful glossary. It is ideal for courses on Buddhism and Asian religions and will be a useful, concise reference for all readers eager to know more about this important religious tradition and its place in our contemporary world.

This isn't your grandmother's book on meditation. It's about integrating that "spiritual practice" thing into a life that includes beer, sex, and a boss who doesn't understand you. It's about making a difference in yourself and making a difference in your world—whether you've got everything figured out yet or not. Lodro Rinzler is a bright and funny young teacher with a knack for showing how the Buddhist teachings can have a positive impact on every little nook and cranny of your life—whether you're interested in being a Buddhist or not.

This careful analysis of early Buddhist thought opens out a perspective in which no permanent Self is accepted, but a rich analysis of changing and potent mental processes is developed. It explores issues relating to the not-Self teaching: self-development, moral responsibility, the between-lives period, and the 'undetermined questions' on the world, on the 'life principle' and on the liberated one after death. It examines the 'person' as a flowing continuity centred on consciousness or discernment (vinnana) configured in changing minds-sets (cittas). The resting state of this is seen as 'brightly shining' - like the 'Buddha nature' of Mahayana thought - so as to represent the potential for Nirvana. Nirvana is then shown to be a state in which consciousness transcends all objects, and thus participates in a timeless, unconditioned realm.

This comprehensive guide to the Buddhist path from the Tibetan point of view is as accessible as it is complete. Traleg Kyabgon breaks the teachings down conveniently into the three traditional "vehicles," while never letting us forget that the point of all the Dharma is nothing other than insight into the mind and heart. Along the way he provides vivid definitions of fundamental Buddhist concepts such as compassion, emptiness, and Buddha-nature and answers common questions such as: • Why does Buddhism teach that there is "no self"? • Are Buddhist teachings pessimistic? • Does Buddhism encourage social passivity? • What is the role of sex in Buddhist tantra? • Why is it said that samsara is nirvana? • Does it take countless lifetimes to attain enlightenment, or can it be achieved in a moment?

Thirty-three original and accessible translations and commentaries drawn from the key writings of Buddhism, with the aim of teaching the Buddhist tradition to Westerners.

A modern guide to the teachings of Buddhism *Buddhism: An Introduction to the Buddha's Life, Teachings, and Practices* is an indispensable guide to a 2,600-year-old wisdom tradition that has transformed the lives of millions across centuries and around the world. Readers will learn how Siddhartha Gautama became the Buddha, one of the most influential spiritual leaders of all time, and discover how they too can follow his revolutionary methods to attain happiness and inner freedom. Along with accessible overviews of central teachings—the Four Noble Truths, the Eightfold Path, karma, core virtues like kindness and compassion, and more—Buddhism covers such basics as: - the three main Buddhist traditions—Theravada, Mahayana, and Vajrayana—historically and their relevance today - the role of meditation and mindfulness in Buddhist practice - step-by-step instruction in key Buddhist practices Writing in an engaging, approachable style, author Joan Duncan Oliver outlines the fundamentals of Buddhism for every reader, revealing its timeless truths and their relevance for finding peace in uncertain times. A practitioner of Buddhist meditation for forty years, Oliver has written extensively on Buddhist wisdom and its application to daily life. Her practical approach makes Buddhism an essential modern guidebook to an ancient tradition.

Argues that the Buddha was one of the most brilliant and original thinkers of all time. This book intends to serve as an introduction to the Buddha's thought, and hence even to Buddhism itself. It also argues that we can know far more about the Buddha than it is fashionable among scholars to admit.

A treasury of writings and teachings from the beloved Zen teacher Thich Nhat Hanh. Since Thich Nhat Hanh's exile from his native Vietnam in 1966, this Zen Buddhist monk has gone on to become one of the most influential and beloved spiritual masters of our age. The seeming simplicity of his words belies the power of this teaching to touch the heart and mind and to inspire spiritual practice. These selections, taken from his many published works, together make up a concise introduction to all his major themes and distill his teachings on the transformation of individuals, relationships, and society. This book is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in

this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

His Holiness the Dalai Lama presents the perfect introduction to traditional Tibetan Buddhist thought and practice, covering the Four Noble Truths and two essential texts There is no one more suited to introduce beginners—and remind seasoned practitioners—of the fundamentals of Tibetan Buddhism than His Holiness the Dalai Lama. Speaking to an audience of Western students, the Dalai Lama shows us how to apply basic Buddhist principles to our day-to-day lives. Starting with the very foundation of Buddhism, the Four Noble Truths, he provides the framework for understanding the Buddha's first teachings on suffering, happiness, and peace. He follows with commentary on two of Buddhism's most profound texts: *The Eight Verses on Training the Mind* and *Atisha's Lamp for the Path to Enlightenment*, often referring to the former as one of his main sources of inspiration for the practice of compassion. With clear, accessible language and the familiar sense of humor that infuses nearly all of his work, the Dalai Lama invites us all to develop innermost awareness, a proper understanding of the nature of reality, and heartfelt compassion for all beings. This book was previously published under the title *Lighting the Way*.

"My religion is very simple. My religion is kindness." --Dalai Lama That's easy for the Dalai Lama to say--but for the rest of us, understanding this mysterious, multilayered faith can be very difficult. With this updated and revised edition of the classic Buddhist primer, you can delve into the profound principles of nonviolence, mindfulness, and self-awareness. From Tibetan Buddhism to Zen, you'll explore the traditions of all branches of Buddhism, including: The life of Buddha and his continuing influence throughout the world A revealing survey of the definitive Buddhist texts What the Sutras say about education, marriage, sex, and death Faith-fueled social protest movements in Tibet, Burma, and elsewhere Buddhist art, poetry, architecture, calligraphy, and landscaping The proven physiological effects of meditation and other Buddhist practices The growing impact of Buddhism on modern American culture In this guide, you'll discover the deceptively simple truths of this enigmatic religion. Most important, you learn how to apply the tenets of Buddhism to your daily life--and achieve clarity and inner peace in the process.

Introducing Buddhism is a lively and engaging guide for Westerners who want to learn more about Buddhism as a path of spiritual growth. Written in a clear, informal style, it explains the essential teachings and practices on which all mainstream Buddhists can agree, and shows how this ancient wisdom is more than ever relevant to the psychological, social, and spiritual issues concerning men and women in the modern West.

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William Montgomery McGovern's Introduction to Mahayana Buddhism was one of the first books on Mahayana Buddhism written for a Western audience. It predates influential English language overviews of Buddhism by D. T. Suzuki, A. Watts, and W. Rahula. The author was born in New York City in 1897 and spent his latter teenage years (1914-1917) training at the Nishi Hongwanji Mahayana Buddhist monastery in Kyoto, Japan. He founded the Mahayana Association at age eighteen and edited and published the journal "Mahayanist" while completing his studies at the monastery. Introduction to Mahayana Buddhism was written as part of a thesis which secured him his Buddhist degree and an honorary ordination as a Buddhist priest. Intended as a simplified and introductory text for a lay audience, the book reflects the unique perspective of a Westerner trained in Japan at a time when Mahayana Buddhism was little known in the West. Referencing Buddhist literature, it gives a short history of Buddhism and the divergence of schools of Buddhist philosophy, introduces the four noble truths, the philosophy of Karma, the nature of Buddhahood, reincarnation and the road to nirvana, Buddhist cosmology, and psychological and philosophical elements of Buddhist teachings. Although the divisions of non Mahayana Buddhist sects and philosophy described may be considered dated, Introduction to Mahayana Buddhism remains significant for its historical value in presenting Eastern religious and philosophical thought to Westerners at a pivotal time in history.

In this introduction to the foundations of Buddhism, Rupert Gethin concentrates on the ideas and practices which constitute the common heritage of the different traditions of Buddhism (Thervada, Tibetan and Eastern) which exist in the world today.

The essential principles of Buddhism and the Buddhist way of life are accessible to beginners, and this clear presentation will also inspire those who have been practicing for years.

In this second edition of the best-selling Introduction to Buddhism, Peter Harvey provides a comprehensive introduction to the development of the Buddhist tradition in both Asia and the West. Extensively revised and fully updated, this edition draws on recent scholarship in the field, exploring the tensions and continuities between the different forms of Buddhism. Harvey critiques and corrects some common misconceptions and mistranslations, and discusses key concepts that have often been over-simplified and over-generalised. The volume includes detailed references to scriptures and secondary literature, an updated bibliography and a section on web resources. Key terms are given in Pali and Sanskrit, and Tibetan words are transliterated in the most easily pronounceable form, making this is a truly accessible account. This is an ideal coursebook for students of religion, Asian philosophy and Asian studies, and is also a useful reference for readers wanting an overview of Buddhism and its beliefs.

This is the most comprehensive and authoritative introduction to Tibetan Buddhism available to date, covering a wide range of topics, including history, doctrines, meditation, practices, schools, religious festivals, and major figures. The revised edition contains expanded discussions of recent Tibetan history and tantra and incorporates important new publications in the field. Beginning with a summary of the Indian origins of Tibetan Buddhism

and how it eventually was brought to Tibet, it explores Tibetan Mahayana philosophy and tantric methods for personal transformation. The four main schools of Tibetan Buddhism, as well as Bön, are explored in depth from a nonsectarian point of view. This new and expanded edition is a systematic and wonderfully clear presentation of Tibetan Buddhist views and practices.

This Very Short Introduction introduces the reader to the teachings of the Buddha and to the integration of Buddhism into daily life. What are the distinctive features of Buddhism? Who was the Buddha, and what are his teachings? How has Buddhist thought developed over the centuries, and how can contemporary dilemmas be faced from a Buddhist perspective? Words such as 'karma' and 'nirvana' have entered our vocabulary, but what do they mean? Damien Keown's book provides a lively, informative response to these frequently asked questions about Buddhism.

Featuring a foreword by the Dalai Lama, this introduction to Tibetan Buddhism "will help many on the open path of meditation and in dealing with challenges of everyday life" (Thich Nhat Hanh) An open heart is the dwelling place of compassion that extends toward all beings; a clear mind is the source of the penetrating wisdom of deep insight. Their union leads to the enlightened way of life that is at the heart of the spiritual path as taught by the Buddha. This practical introduction to the Buddha's teachings focuses on the application of Buddhist psychology to modern life. Thubten Chodron, an American Buddhist nun, presents the basic points of this path for understanding ourselves and improving the quality of our lives. Writing with warmth, humor, and easy-to-understand language, Chodron provides the fundamental points of the Buddha's teaching on transforming habitual attitudes and realizing our full human potential.

His Holiness the Dalai Lama is celebrated as Buddhism's pre-eminent spiritual master and teacher, embodying the highest aspirations of this rich tradition that is more than 2,500 years old. With both profundity and simplicity, he has carried the nuanced teachings of the Buddha to the far corners of the globe, and in the process has touched and transformed millions of lives. Like the Buddha himself, the Dalai Lama, with his ever-smiling face, reaches out to people in ways that connect to their individual mental dispositions, abilities, and everyday realities. Buddhism, which never seeks to proselytize, has been made accessible by the Dalai Lama to both non-Buddhists and Buddhists alike so that we may all learn from one of the most valuable strands of our shared heritage. This fascinating book brings together extracts from some of His Holiness's most powerful writings and talks. As he explains the elements of the Buddha's teachings and the basic practices of meditation, he also engages

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British Buddhism presents a useful insight into contemporary British Buddhist practice. It provides a survey of the seven largest Buddhist traditions in the United Kingdom, including the Forest Sangha (Theravada) and the Samatha Trust (Theravada), the Serene Reflection Meditation tradition (Soto Zen) and Soka Gakkai (both originally Japanese), the Tibetan Karma Kagyu and New Kadampa traditions and Friends of the Western Buddhist Order. Based on extensive fieldwork, this fascinating book determines how and to what extent British Buddhist groups are changing from their Asian roots, and whether any forms of British Buddhism are beginning to emerge. Despite the popularity of Buddhism in Britain, there has so far been no study documenting the full range of teachings and practice. This is an original study that fills this gap and serves as an important reference point for further studies in this increasingly popular field.

A systematic introduction to Buddhist ethics aimed at anyone interested in Buddhism.

Buddhism: A Complete Introduction is a comprehensive and easy-to-use introduction, designed to give you everything you need to succeed, all in one place. Written by a leading expert, this book will help you if you are studying for an important exam or essay, or if you simply want to improve your knowledge. It is structured to mirror the way in which Buddhism is usually taught, starting with the life of the Buddha through to the prospects of Buddhism for the next generation. The book covers all the key areas that are considered central to Buddhism, including the Buddha's teachings, the scriptures and schools, the role of meditation and the moral and ethical context. It uses jargon-free English and includes features such as guided further reading and end of chapter questions to ensure that you understand all the concepts covered. Buddhism: A Complete Introduction includes: Chapter 1: Buddhists and Buddhism Chapter 2: The life of the Buddha Chapter 3: The Buddha's teaching Chapter 4: Buddhist scriptures and schools Chapter 5: Meditation and devotion Chapter 6: Ethical conduct Chapter 7: Moral Issues Chapter 8: The social order Chapter 9: Festivals and ceremonies Chapter 10: Buddhist today: East and West Chapter 11: Transition, adaptation and influence: prospects for Buddhism in the twenty-first century Learn effortlessly with a new easy-to-read page design and added features: Not got much time? One, five and ten-minute introductions to key principles to get you started. Author insights Lots of instant help with common problems and quick tips for success, based on the author's many years of experience. Test yourself Tests in the book and online to keep track of your progress. Extend your knowledge Extra online articles to give you a richer understanding of psychology. Five things to remember Quick refreshers to help you remember the key facts. Try this innovative exercises illustrate what you've learnt and how to use it.

This treasury of essential Buddhist writings draws from the most popular Indian, Tibetan, Chinese, and Japanese sources. Among the selections are some of the earliest recorded sayings of the Buddha on the practice of freedom, passages from later Indian scriptures on the perfection of wisdom, verses from Tibetan masters on the enlightened mind, and songs in praise of meditation by Zen teachers. The book also includes traditional instruction on how to practice sitting meditation, cultivate calm awareness, and live with compassion. Jack Kornfield, one of the most respected American Buddhist teachers, has compiled these teachings to impart the essence and inspiration of Buddhism to readers of all spiritual traditions.

This easy-to-understand translation of one of the earliest surviving Buddhist texts offers a pathway to awakening that is simple, straightforward, and free of religious doctrine One of the earliest of all Buddhist texts, the Atthakavagga, or "Book of Eights," is a remarkable document, not only because it comes from the earliest strain of the literature—before the Buddha, as the title suggests, came to be thought of as a "Buddhist"—but also because its approach to awakening is so simple and free of adherence to any kind of ideology. Instead the Atthakavagga points to a direct and simple approach for attaining peace without requiring the adherence to doctrine. The value of the teachings it contains is not in the profundity of their philosophy or in their authority as scripture; rather, the value is found in the results they bring to those who live by them. Instead of doctrines to be believed,

the "Book of Eights" describes means or practices for realizing peace. Gil Fronsdal's rigorous translation with commentary reveals the text to be of interest not only to Buddhists, but also to the ever-growing demographic of spiritual-but-not-religious, who seek a spiritual life outside the structures of religion.

This user's guide to Buddhist basics takes the most commonly asked questions—beginning with "What is the essence of the Buddha's teachings?"—and provides simple answers in plain English. Thubten Chodron's responses to the questions that always seem to arise among people approaching Buddhism make this an exceptionally complete and accessible introduction—as well as a manual for living a more peaceful, mindful, and satisfying life. Buddhism for Beginners is an ideal first book on the subject for anyone, but it's also a wonderful resource for seasoned students, since the question-and-answer format makes it easy to find just the topic you're looking for, such as: • What is the goal of the Buddhist path? • What is karma? • If all phenomena are empty, does that mean nothing exists? • How can we deal with fear? • How do I establish a regular meditation practice? • What are the qualities I should look for in a teacher? • What is Buddha-nature? • Why can't we remember our past lives?

Introduction and Encouragement This eBook Modern Buddhism – The Path of Compassion and Wisdom, in three volumes, is being distributed freely at the request of the author Geshe Kelsang Gyatso. The author says: "Through reading and practicing the instructions given in this book, people can solve their daily problems and maintain a happy mind all the time." So that these benefits can pervade the whole world, Geshe Kelsang wishes to give this eBook freely to everyone. We would like to request you to please respect this precious Dharma book, which functions to free living beings from suffering permanently. If you continually read and practice the advice in this book, eventually your problems caused by anger, attachment and ignorance will cease. Volume 1 Sutra explains how to practise basic Buddhist compassion and wisdom in daily life. Covering topics such as What is Buddhism?, Buddhist Faith, The Preciousness of our Human Life, What does our Death Mean?, What is Karma?, The Four Noble Truths & Training in Love and Compassion, this volume shows how we can transform our lives, improve our relationships with others and look behind appearances to see the way things really are. Please enjoy this special gift from Geshe Kelsang Gyatso, who dedicates: "May everyone who reads this book experience deep peace of mind, and accomplish the real meaning of human life." With best wishes, Manuel Rivero-De Martine Tharpa Publications, UK Tharpa Director info@emodernbuddhism.com

"This landmark collection is the definitive introduction to the Buddha's teachings in his own words. The American scholar monk Bhikkhu Bodhi, whose voluminous translations have won widespread acclaim, here presents selected discourses of the Buddha from the Pali Canon, the earliest record of what the Buddha taught. Divided into ten thematic chapters, In the Buddha's Words reveals the full scope of the Buddha's discourses, from family life and marriage to renunciation and the path of insight. A concise informative introduction precedes each chapter, guiding the reader toward a deeper understanding of the texts that follow." "In the Buddha's Words allows even readers unacquainted with Buddhism to grasp the significance of the Buddha's contributions to our world heritage. Taken as a whole, these texts bear eloquent testimony to the breadth and intelligence of the Buddha's teachings, and point the way to an ancient yet ever vital path. Students and seekers alike will find this systematic presentation indispensable."--BOOK JACKET.

☆☆"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." - The Buddha ☆☆ Buddhism: Buddhism for Beginners, A Guide to Buddhist Teachings, Meditation, Mindfulness, and Inner Peace ☆☆Download This Great Book Today! Available To Read On Your Computer, MAC, Smartphone, Kindle Reader, iPad, or Tablet!☆☆Buddhism is one of the oldest religions in the world but until recently it has been unknown and inaccessible outside of Asia.This book will provide you an introduction to the history of Buddhism and its teachings and practices.Along with Buddhist philosophies there are many practices to incorporate into your daily life such as meditation and mindfulness to help calm your mind, reduce stress and anxiety.☆☆"When we meet real tragedy in life, we can react in two ways - either by losing hope and falling into self-destructive habits, or by using the challenge to find our inner strength.Thanks to the teachings of Buddha, I have been able to take this second way." - The Dalai Lama☆☆This is a guide to Buddhism for beginners but includes quotes and resources to guide you towards more advanced Buddhist teachings and writing if you wish to develop your own study of Buddhism further. Here Is A Preview Of What's Included... An introduction to Buddhist Philosophies and Teachings The history of Buddhism and the Life of the Buddha Key Buddhism concepts such as Karma, suffering, Samsara and Nirvana The Four Noble Truths of Buddhism The Eightfold Path, The Five Precepts and The Middle Way Practicing Buddhism in every day life How to practice mindfulness to reduce stress and increase happiness Meditation practices apps, and resources Meditation to obtain calm and clarity over your thoughts Much, Much More! ☆☆ "Worrying doesn't take away tomorrow's trouble's, it takes away today's peace" - The Buddha ☆☆☆☆To purchase this book scroll to the top and select Buy now with 1 Click ☆☆

This indispensable volume is a lucid and faithful account of the Buddha's teachings. "For years," says the Journal of the Buddhist Society, "the newcomer to Buddhism has lacked a simple and reliable introduction to the complexities of the subject. Dr. Rahula's What the Buddha Taught fills the need as only could be done by one having a firm grasp of the vast material to be sifted. It is a model of what a book should be that is addressed first of all to 'the educated and intelligent reader.' Authoritative and clear, logical and sober, this study is as comprehensive as it is masterly." This edition contains a selection of illustrative texts from the Suttas and the Dhammapada (specially translated by the author), sixteen illustrations, and a bibliography, glossary, and index.

More than 60 million Teach Yourself products sold worldwide! Everything you need to know about Buddhism, from Buddha to Zen Covering all aspects of this fascinating faith, from the teachings of the Buddha to the practicalities of pursuing a Buddhist way of life, Buddhism is an informative and accessible introduction to this major world religion. You will learn about the origins of Buddhism, its place in society today and the challenges it faces for the future. Includes: One, five and ten-minute introductions to key principles to get readers started Lots of instant help with common problems and quick tips for success, based on the author's many years of experience Answers to many of the current issues and questions that surround Buddhism Complex religious and philosophical ideas in simple, readable prose. Topics include: Buddhists and Buddhism; The life of the Buddha; The Buddha's teaching; Buddhist scriptures and schools; Meditation and devotion; Ethical conduct; Moral issues; The social order; Festivals and ceremonies; Buddhism today: East and West; Transition, adaptation and influence: prospects for Buddhism in the twenty-first century

In this clearly written undergraduate textbook, Stephen Laumakis explains the origin and development of Buddhist ideas and concepts, focusing on the philosophical ideas and arguments presented and defended by selected thinkers and sutras from various traditions. He starts with a sketch of the Buddha and the Dharma, and highlights the origins of Buddhism in India. He then considers specific details of the Dharma with special attention to Buddhist metaphysics and epistemology, and examines the development of Buddhism in China, Japan, and Tibet, concluding with the ideas of the Dalai Lama and Thich Nhat Hanh. In each chapter he includes explanations of key terms and teachings, excerpts from primary source materials, and presentations of the arguments for each position. His book will be an invaluable guide for all who are interested in this rich and vibrant philosophy. Buddhism is often characterised as one of the most complex and enigmatic of all the world's religions. Although the Buddha himself was not a philosopher in the sense that that term is often understood, a Buddhist philosophy nevertheless emerged from the Buddha's teachings that was astonishingly rich, profound and elusive. Buddhism, which for over two millennia has been an integral part of South and East Asian society and civilisation, is now increasingly popular in the West, where its teachings about liberation of the self from the cycle of existence have proved attractive to people from a

wide variety of backgrounds. In this new and comprehensive textbook, Alexander Wynne shows that the story of Buddhism as a global system of belief begins with the life of the Buddha in northern India in the fifth century bce. He discusses the many new advances that have been made in recent years with regard to Buddhist origins, and traces the ways that formative Indian doctrines helped shape the features of later Asian Buddhism. Carefully outlining the major Buddhist traditions, Wynne examines in turn the major Mahayana traditions of China, including the Ch'an and Pure Land schools, as well as recent trends in Theravada Buddhism, especially in Sri Lanka and Thailand, and the Tantric Buddhism of Tibet. Finally, he turns to the role of Buddhism in the modern world, and explores how the western encounter with Buddhism has both affected and been affected by it, especially in the fields of cognitive science and modern psychology.

In the new edition of this lively and accessible Very Short Introduction to Buddhism, Damien Keown looks at all the distinctive features of the major world faiths; examining the development of Buddhist thought over the centuries, its impact on daily life in contemporary society, and the spread of Buddhism throughout the world.