



The Best Way to Catch a Snake: A Practical Guide To Gautama Buddha's Teachings

Karma Yeshe Rabgye

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Buddhism, with its stress on non-violence, the 'middle path' and its promise of nirvana, finds many followers. But in today's world, it has become simply a fad for some, something to follow because their favourite celebrity propagates it. Simply wearing robes or carrying prayer beads does not make one a Buddhist; it has to be ingrained within, and should become a part of one's daily life. The Best Way to Catch a Snake, a three-part volume, is a guide to Buddhist teachings, for all those who want to start their journey towards a better life, but don't know where to begin. It goes beyond the exotic rituals and practices that Buddhism is today seen as. It elucidates the Four Seals, the Four Noble Truths and the Four Thoughts of Buddhism in simple, jargon-free language. The author, a Buddhist monk himself, combines examples from his own experience with simple exercises to skilfully guide us through Gautama Buddha's teachings. A valuable source of Buddhist knowledge, this book is a must for anyone drawn to the teachings of Gautama Buddha.

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