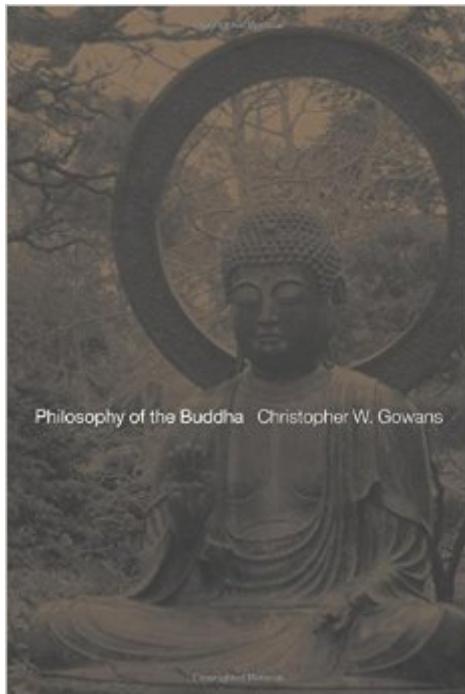


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# Philosophy Of The Buddha: An Introduction



## **Synopsis**

Philosophy of the Buddha is a philosophical introduction to the teaching of the Buddha. It carefully guides readers through the basic ideas and practices of the Buddha, including kamma (karma), rebirth, the not-self doctrine, the Four Noble Truths, the Eightfold Path, ethics, meditation, non-attachment, and Nibbāna (Nirvana). The book includes an account of the life of the Buddha as well as comparisons of his teaching with practical and theoretical aspects of some Western philosophical outlooks, both ancient and modern. Most distinctively, Philosophy of the Buddha explores how Buddhist enlightenment could enable us to overcome suffering in our lives and reach our full potential for compassion and tranquillity. This is one of the first books to introduce the philosophy of the Buddha to students of Western philosophy. Christopher W. Gowans' style is exceptionally clear and appropriate for anyone looking for a comprehensive introduction to this growing area of interest.

## **Book Information**

Paperback: 240 pages

Publisher: Routledge; 1 edition (June 26, 2003)

Language: English

ISBN-10: 0415278589

ISBN-13: 978-0415278584

Product Dimensions: 6.1 x 0.6 x 9.2 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars (See all reviews) (13 customer reviews)

Best Sellers Rank: #746,083 in Books (See Top 100 in Books) #156 in Books > Textbooks > Humanities > Religious Studies > Buddhism #1563 in Books > Politics & Social Sciences > Philosophy > History & Surveys #1740 in Books > Textbooks > Humanities > Philosophy > History & Surveys

## **Customer Reviews**

Archie Bahm (1907-1996) was a professor of philosophy at the University of New Mexico. He wrote many books, such as The World's Living Religions, Metaphysics: An Introduction, Yoga for business executives and professional people, etc. He wrote in the Preface to this 1958 book, "The purpose of this book is to state the philosophy of Gotama, the man himself, by means of quotations from the Pitakas themselves. This book does not concern itself with the various other Buddhist philosophies constituting the long, devious, profound, and fascinating history of Buddhism, except to challenge

their conclusions as attributable to Gotama."Here are some quotations from the book:"Gotama's philosophy may be summed up in a simple, clear and obvious principle, which immediately compels belief once it is understood. The principle: Desire for what will not be attained ends in frustration; therefore, to avoid frustration, avoid desiring what will not be obtained." (Pg. 15)"If... Gotama's philosophy consists in a single psychological principle, what about the numerous claims that he held such-and-such views relative to various metaphysical problems? Regarding each question put to him, he replied, typically, as follows. Is there, for example, a next life? That, he would say, is not an important issue.

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