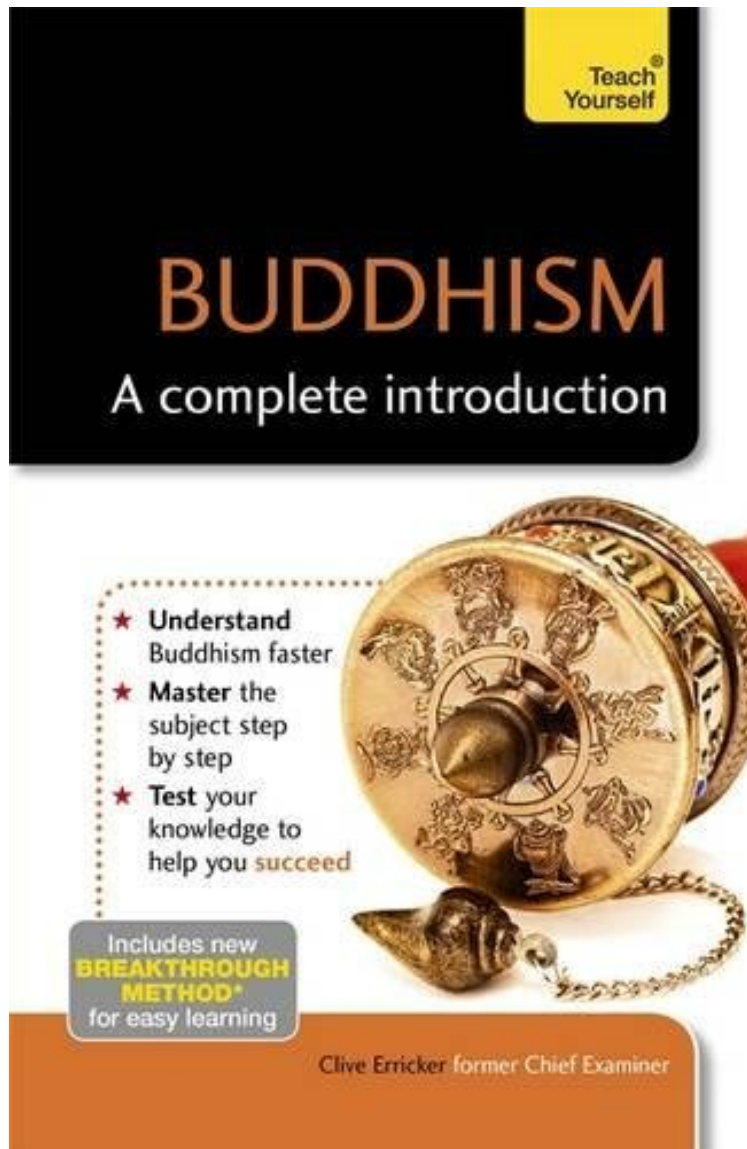


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Buddhism: A Complete Introduction: Teach Yourself

Clive Erricker

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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 Who are Buddhists? The Three Jewels The Three Refuges Buddhist Practice In conclusion Chapter 2: The life of the Buddha The Buddha's significance The Four Sights Going forth Self-mortification The enlightenment Turning the wheel of the dharma The mission The growth of the Sangha Parinirvana In conclusion Chapter 3: The Buddha's teaching The first Noble Truth: all is suffering (dukkha) The second Noble Truth: the origins of suffering (samudaya) The third Noble Truth: the cessation of suffering (nirodha) The fourth Noble Truth: the path to the cessation of suffering (maggā) Chapter 4: Buddhist scriptures and schools The Theravada Scriptures The Mahayana Scriptures Pure Land Buddhism The Ch'an and Zen Schools The Tibetan Scriptures In conclusion Chapter 5: Meditation and devotion 1 Mind and heart 2 Heart and mind 3 Devotion as homage 4 Salvific devotion In conclusion Chapter 6: Ethical conduct Sila skilfulness The practicality of Buddhist ethics Working on yourself and others The precepts and the dharma Renunciation In conclusion Chapter 7: Moral Issues The natural world Human society In conclusion Chapter 8: The social order Ordination Celibacy Weddings and marriages Family life Death and dying In conclusion Chapter 9: Festivals and ceremonies Theravada festivals Tibetan festivals Japanese and Chinese festivals Western Buddhist festivals In conclusion Chapter 10: Buddhist today: East and West The spread of Buddhism Buddhism in India The revival of Buddhism Buddhism in South-East Asia Missionary activity Tibetan Buddhism Buddhism in the West In conclusion Chapter 11: Transition, adaptation and influence: prospects for Buddhism in the twenty-first century Into the twenty-first century Views from the West Transmitting Buddhism to a new generation In conclusion 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.

About the Author Clive Erricker was Chief Examiner in World Religions for the International Baccalaureate. A teacher of religious studies for over 30 years, he has written extensively on Buddhism and other world religions.