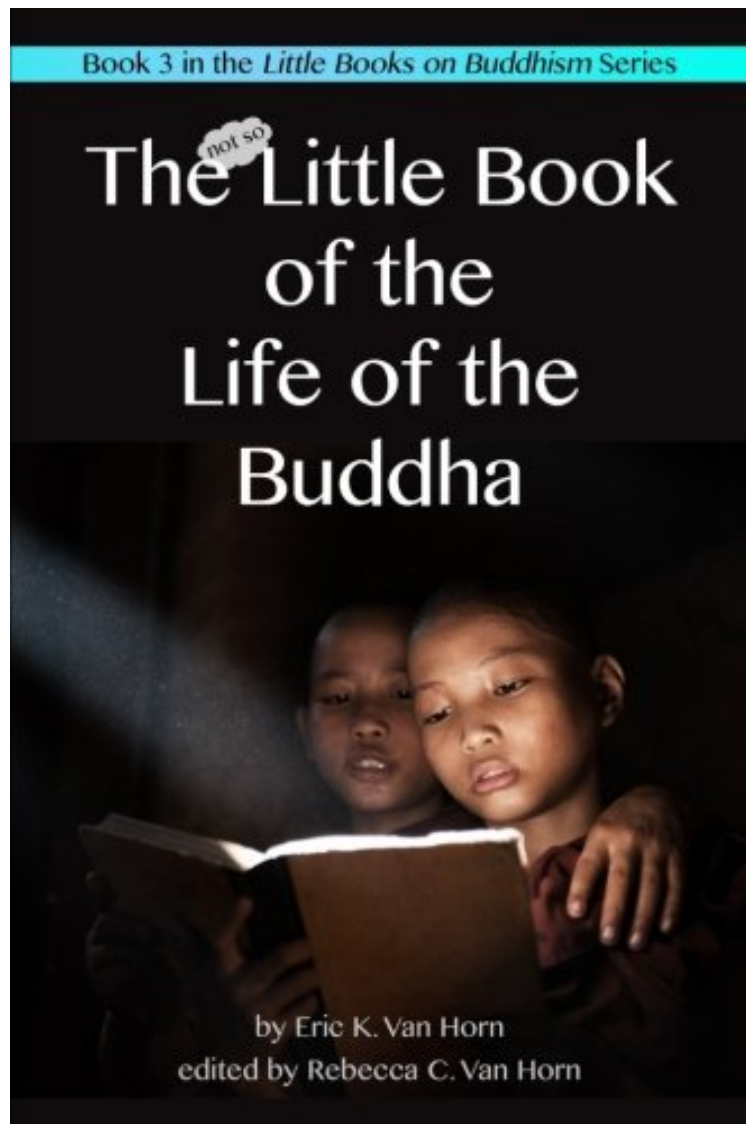


(Mobile pdf) The Little Book of the Life of the Buddha (The Little Books on Buddhism) (Volume 3)

## The Little Book of the Life of the Buddha (The Little Books on Buddhism) (Volume 3)

*Eric K. Van Horn*

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In the centuries that followed the Buddha's death there were many fanciful and mythologized accounts of his life. Unfortunately these stories gained traction, and even today movies and television programs are often based on these accounts. The Little Book of the Life of the Buddha goes back to the original sources in order to reconstruct his life from the oldest material. This helps answer important questions about the nature of the Buddha and his quest for Awakening. Despite some assertions that there is little biographical information about the life of the Buddha, quite the opposite is true. In fact, a major hurdle for any biographer of the Buddha is the enormous amount of information that is scattered throughout the thousands of pages of canonical literature. This information is enhanced by some extraordinary research and archeology from the past 200 years. But this is not simply a scholastic biography. The important question is, What can I learn from the life of the Buddha? How does it help me become a better person, and a better meditator? How can I learn from the many inspirational people in the Buddha's life? The Little Book of the Life of the Buddha looks at the often subtle lessons in his teaching. This brings us closer to understanding the man and his Dharma, and how it helps us become happier, wiser, more useful people.