

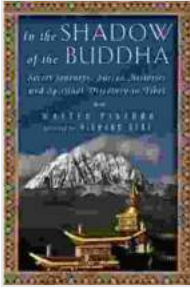
# In the Shadow of the Buddha: A Captivating Journey into the Heart of Buddhist Wisdom



**In the Shadow of the Buddha: One Man's Journey of Discovery in Tibet** by Matteo Pistono

★★★★☆ 4.9 out of 5

Language : English



File size	: 1272 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 291 pages



In the Shadow of the Buddha is a profound and eye-opening exploration of the life and teachings of Siddhartha Gautama, the founder of Buddhism. This book delves deep into the historical, philosophical, and cultural context of Buddhism, offering a unique and comprehensive perspective on one of the world's most influential religions.

Drawing on a wealth of primary sources and scholarly research, In the Shadow of the Buddha presents a vivid and accessible narrative of the Buddha's life, from his birth in a royal family to his renunciation of worldly pleasures, his attainment of enlightenment, and his subsequent mission to spread his teachings throughout the world.

The book also explores the core principles of Buddhism, including the Four Noble Truths, the Eightfold Path, and the concept of karma. It examines the different schools and traditions of Buddhism, from Theravada to Mahayana to Zen, and discusses the ways in which Buddhism has influenced art, literature, and culture throughout history.

## What You'll Learn from This Book

- The life story of Siddhartha Gautama, the founder of Buddhism

- The core principles of Buddhism, including the Four Noble Truths, the Eightfold Path, and the concept of karma
- The different schools and traditions of Buddhism, from Theravada to Mahayana to Zen
- The ways in which Buddhism has influenced art, literature, and culture throughout history

## Why You Should Read This Book

In the Shadow of the Buddha is an essential read for anyone who wants to understand the life, teachings, and legacy of the Buddha. It is a valuable resource for students of religion, history, and philosophy, as well as for general readers who are interested in exploring one of the world's most influential religions.

This book is written in a clear and engaging style, and it is packed with fascinating insights and information. It is a must-read for anyone who wants to learn more about Buddhism.

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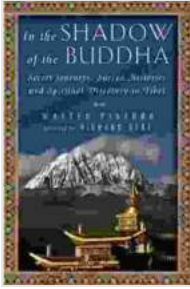
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