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Thubten Chodron, an American-born Tibetan Buddhist nun, travels worldwide, teaching and leading meditation retreats. Known for her clear and practical explanations of the Buddha's teachings, she is the author of Buddhism for Beginners; Working with Anger; How to Free Your Mind; Open Heart, Clear Mind; and Taming the Mind. She lives in Seattle, Washington.

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Buddhism for Beginners - thubtenchodron.org

Talks addressing the most commonly asked questions about the essence of the Buddha’s teachings, based on Venerable Thubten Chodron’s book Buddhism for Beginners. Teachings given during the monthly Sharing the Dharma Day at Sravasti Abbey during 2012. View as a series: Buddhism for Beginners (SDD 2012). Buddhism for Beginners (SDD)

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Thubten Chodron's responses to the questions that always seem to arise among people approaching Buddhism make this an exceptionally complete and accessible introduction--as well as a manual for living a more peaceful, mindful, and satisfying Life.

Buddhism for Beginners book by Thubten Chodron

Buddhism for Beginners by Thubten Chodron This title is a beginner's book in the best sense—it provides a thorough tour of the essentials of Buddhism, remaining clear and accessible without veering into oversimplification.

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