



## Buddhism for the Ultimate Seeker: Understanding Buddhism and the Buddhism Way of Life

*Michele Gilbert*

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Buddhism seems to be a lot of hocus pocus and superstition in the West, and it's hard to find someone who will give you the straight answers without trying to make themselves look enlightened and mystical. Well, I'm here to set the record straight for anyone looking to understand just what it means to be a Buddhist.

I'm going to show you the four noble truths. I'll also cover the history of the man, the myth, and the legend: Buddha. I'm going to show you his Nine Virtues, and I'm going to give you a brief overview of the eight-fold path. Yeah, it's a lot, but it's totally going to keep you interested and it's going to enlighten you. That much, I guarantee

Take a look inside:

- Introduction
- What is Buddhism?
- The notorious SG:B
- The path of eight folds
- It's karma man
- Sati...what now?
- The nine virtues of Buddha:
- Take a walk
- Conclusion



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