



## What Is Buddhism?

By Geshe Kelsang Gyatso

Tharpa Publications. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 9.8in. x 7.8in. x 0.2in. This book introduces the mind, as distinct from the brain, and invites the reader to explore and develop their mind using scientific methods taught by Buddha. Geshe Kelsang explains how the problems we encounter in life do not exist outside of ourselves, but are part of our mind that experiences unpleasant feelings. Learning to control our mind, especially our desire, is the only way to bring all our problems to an end. What is Buddhism is the third book in the Buddhism for Children series. The Buddhism for Children series invites children to make a journey of self-discovery and self-improvement to help them realize their full potential. The series aims to show how everyone, Buddhist and non-Buddhist, can learn something from the teachings of Buddha. The Buddhism for Children series consists of 4 levels ranging from ages 4 to 10 and over. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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