



Buddhism in a Week: Teach Yourself

By Clive Erricker

Hodder Stoughton General Division, United Kingdom, 2013. Paperback. Book Condition: New. Expanded, Revised. 196 x 128 mm. Language: English . Brand New Book. Learn in a week, remember for a lifetime! In just one week, this accessible book will give you knowledge to last forever. End of chapter summaries and multiple choice questions are all designed to help you test your knowledge and gain confidence. So whether you are a student or you simply want to widen your knowledge, you will find this seven-day course a very memorable introduction. SUNDAY: Consider what Buddhism is and why it matters. MONDAY: Learn who the Buddha was and how he lived. TUESDAY: Examine the Buddha s teaching on a wide range of issues. WEDNESDAY: Discover the Buddhist scriptures and learn how they are interpreted today. THURSDAY: Explore meditation and Buddhist devotional practices. FRIDAY: Engage with the ethics of Buddhism, and how Buddhists respond to moral issues. SATURDAY: Learn about the main Buddhist festivals and ceremonies.

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