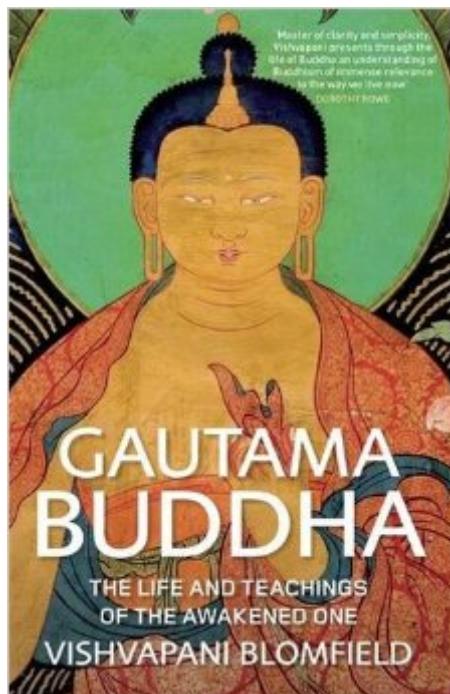


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# Gautama Buddha: The Life And Teachings Of The Awakened One



## Synopsis

The words and example of Gautama (often known by the title, 'Buddha') have affected billions of people. But what do we really know about him? While there is much we cannot say for certain about the historical Gautama, this persuasive new biography provides the fullest and most plausible account yet. Weaving ancient sources and modern understanding into an engaging narrative, Vishvapani Blomfield examines Gautama's words and impact to shed fresh light on his culture, his spiritual search and the experiences and teachings that led his followers, to call him 'The Awakened One'. This book draws on the myths and legends that surround him to illuminate the significance of his life. It traces Gautama's investigations of consciousness, his strikingly original view of life and his development of new forms of religious community and practice. Blomfield's insightful and thought-provoking biography will appeal to anyone interested in history and religion, and in the Buddha as a thinker, spiritual teacher and a seminal cultural figure. Gautama Buddha is a compelling account of one of history's most powerful personalities.

## Book Information

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## Customer Reviews

The Buddhist author scholar Blomfield has done a wonderful job piecing together numerous sutta verses (Buddhist scriptures) to create a cohesive, and highly readable, narrative of the Buddha's life. In so doing, he explains central Buddhist concepts in an easy to understand manner. The only minor problem is missing references. Nevertheless, together with Nakamura's similar work, I highly recommend this book.

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