



The Four Noble Truths and Eightfold Path of Buddhism: Discover the Essence of Buddhism and the Path to Nibbana

Briggs Cardenas

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If you're seeking to learn more about Buddhism through the Four Noble Truths and the Eightfold Path – in clear and easy to understand terms – then this book is for you! Buddhism is an agnostic religion. It neither acknowledges the existence of a god nor denies it. It simply teaches that we must live by a moral code because it is our nature to do so, regardless of whether a god exists or not. To choose good in the hopes of reward, while avoiding evil out of fear of punishment, is not true goodness. It is sheer hypocrisy — a selfish desire to do something in return for our own benefit. To understand the Four Noble Truths and the Eightfold Path, we first have to understand the word “dukkha.” This is often mistranslated into English as “suffering,” giving people the idea that Buddhism is a pessimistic religion. Nothing can possibly be further from the truth. While dukkha can certainly be understood to mean “suffering,” it would be more accurate to translate this word as “anxiety,” “stress,” or “dissatisfaction.” This book endeavors to explain the Buddha's perspective on dukkha, and how one can live in spite of it, even striving to move beyond it. If you're ready to learn more about dukkha and the path to liberation, let's get started!

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