



Buddhismus Grundwissen (German Edition)

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In einfachen unterhaltsamen Kapiteln führt das Buch uns in die Welt des Buddhismus ein. Gelassenheit im Alltag. Heilung durch Meditation und achtsame Gedanken. Wir begreifen die wichtigsten Grundsätze des Buddhismus und finden unseren eigenen Weg eines sinnerfüllten Lebens. Das Buch hilft uns inneren Frieden und Glück zu entwickeln und zu einem heiter gelassenen Buddha zu werden.

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