

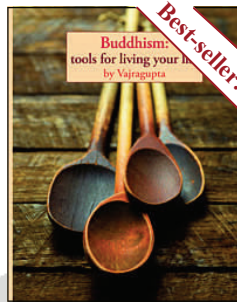


INTRODUCING BUDDHISM

Buddhism: Tools for Living Your Life

By Vajragupta

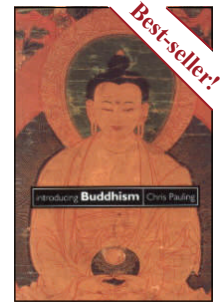
With tempting suggestions, anecdotes and reflections, this guide pinpoints what it means to lead a Buddhist life and how to fit it in amongst the everyday franticness of busy modern lives.



Introducing Buddhism

By Chris Pauling

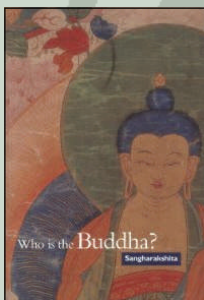
From awareness to wisdom, this concise guide explains the essential teachings and practices that form the basis of most schools of Buddhism.



Introductory books to help you study at home

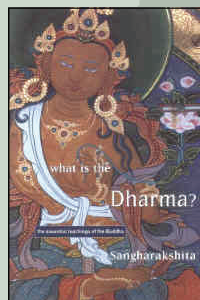
Who is the Buddha?

By Sangharakshita



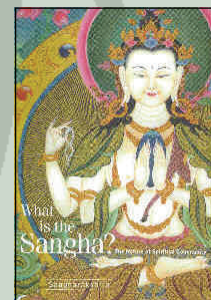
What is the Dharma?

By Sangharakshita

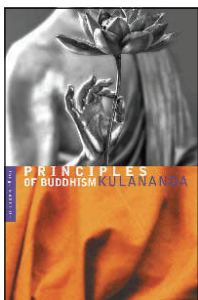


What is the Sangha?

By Sangharakshita



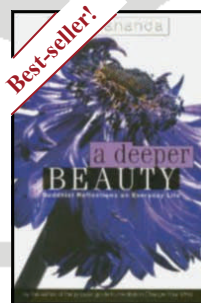
Written by the founder of the FWBO, these three essential texts introduce the *Three Jewels* which are central to Buddhism: *The Buddha* (the Enlightened One), the *Dharma* (the Buddha's teachings) and the *Sangha* (the spiritual community).



Principles of Buddhism

By Kulananda

A concise overview which introduces the life of the Buddha, Buddhist ideals, Karma, Rebirth, Meditation and Buddhist schools.



A Deeper Beauty

By Paramananda

Using simple exercises and reflections the author, explores meaning, depth and stillness in lives often fuelled by activity and bombarded with information.

How to purchase Windhorse Publications Books

Check the bookshop at your [local FWBO Buddhist Centre](#). If the book is not available, please leave a note to the bookshop manager or visit our website at www.windhorsepublications.com and order online.

Windhorse Publications

38 Newmarket Road, Cambridge, CB5 8DT

Phone: 01223 911997 e-mail: info@windhorsepublications.com