

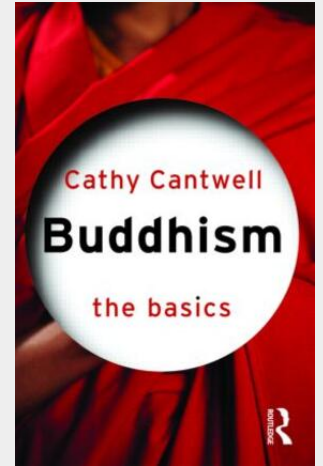
Cantwell

Buddhism

The Basics

Buddhism: The Basics provides a thorough and accessible introduction to a fascinating religion. Examining the historical development of Buddhism and its presence today, this guide covers: - principal traditions - practices and beliefs - ethical guidelines and philosophy - religious texts - community With helpful features including a detailed map of the Buddhist world, glossary of terms and tips for further study, this is an ideal text for students and interested readers wanting to familiarise themselves with the Buddhist faith. Cathy Cantwell is an academic researcher at the Oriental Institute, University of Oxford. She specialises in Tibetan Buddhism, and has worked on eleventh century manuscripts, an eighteenth century scriptural collection, and contemporary Buddhist ritual manuals and practice. She has taught widely in UK Higher Education and is joint author of Early Tibetan Documents on Phur pa from Dunhuang.

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