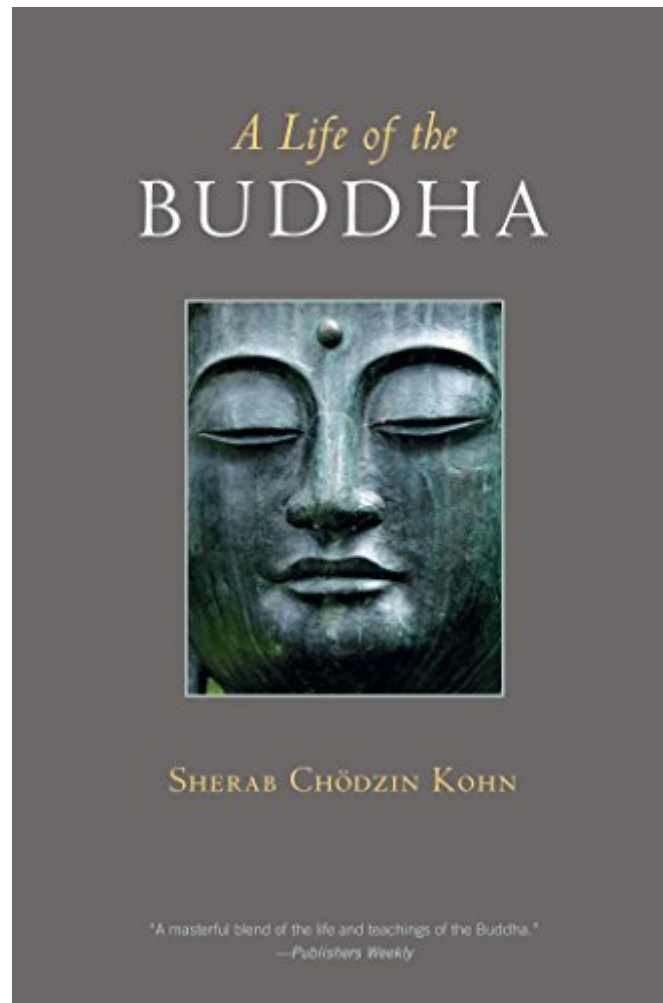




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# A Life Of The Buddha



## Synopsis

The story of the Buddha and his awakening is more than an account of the birth of a religious tradition: it is also one of the great archetypal tales of the spiritual quest, colorful in its many details and thrilling in its depiction of the world transformed by an enlightened human being. Sherab ChÃ¶dzin Kohnâ€™s retelling of the Buddhaâ€™s life is both readable and historically informed, and presents the Buddhaâ€™s teachings along with the events of his past lives to final nirvana. Library Journal called it "a splendid combination of biography and instruction." This new edition of the book previously entitled *The Awakened One* has been updated to include a short history of Buddhism as well as a selection of resources for further reading.

## Book Information

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## Customer Reviews

Amazingly moving to read a story woven from the historical record of the Buddha's life. I hope it's well researched -I confess I haven't checked- but it tallies with everything else I've heard or read. I found Siddhartha Gautama's story incredibly moving. Remembering this book's retelling of the night of his enlightenment brings tears to my eyes as I write this. Part of Kohn's skill as a storyteller is that

his book arcs subtly upward toward that moment, so that when it finally happens it feels both plausible and earth-shattering. The power of this book is that it activates and hooks the passion we all have, no matter how much we rationalize it and try to be practical, to break through: to realize our greatest potential. This is the story of a man who did.

When I was 19, and this book was still called *The Awakened One*, I found it in a used book store in Boston. It was my entry point into the Buddhist practice I've continued now for 22 years. I've read several life stories of the Buddha over the years, but this is still my favorite. And being able to have it with me wherever I go on my Kindle is a joy.

A beautifully written book about the Buddha's life and teachings from someone who is intimately familiar with the subject.

easy read, well written and inspirational. Really points out the value of the middle way

I expected more historical facts and distinctions from what is legend and what is confirmed. Book gives good insight in Buddha life and its most important events and people.

A path to self realization.

This is a short, well-written text that covers the major events of the Buddha's life. It's very informative and precise, but not pedantic.

I was looking for a book that tells the story of the Buddha in a simple narrative style, accurately but readable. This one had potential but was sparse.

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