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[Buddhism Plain and Simple: The Practice of Being Aware ...](#)

From Amazon. You might want to digest this book slowly, a few pages at a time. Although Zen teacher Steve Hagen has a knack for putting the philosophy of Buddhism in a "plain and simple" package, it may take a while to sink in. [Buddhism Plain and Simple by Steve Hagen - Goodreads](#)

Buddhism Plain and Simple was, perhaps, too "plain and simple" for me. Not really, I just found it uninspired and uninspiring. I think I'd be a better judge of its value if it were my first or second introduction to Buddhism and I was able to approach the book with a "beginner's mind." Since that's not the case, if you're looking for an introduction to Buddhist thought, take my luke-warm [Amazon.ca: Buddhism plain and simple](#) [Buddhism for Beginners: Buddhism Plain And Simple](#) [Beginners Guide \(meditation, zen, Buddhism, Buddhism for Beginners, Chakra, inner peace, Inner Happiness, Mindfulness\)](#) Sep 15 2015 by Dorothy Hart

[Buddhism Plain And Simple: The Practice Of Being Aware ...](#)

Buddhism Plain and Simple stresses the importance of being aware of the here and now and outlines the Buddha's four truths of existence and looks at their practicalities in the modern world. This guide aims not only to inform, but also to enlighten and is a valuable primer for new and advanced students of this spiritual philosophy.

[Buddhism Plain and Simple Review | Steve Hagen | Buddhist ...](#)

Buddhism Plain and Simple by Steve Hagen is one of the most straightforward guides to Buddhism that you could ever hope for, and that's because it focuses on just one thing: awareness.

[Buddhism Plain and Simple - Steve Hagen - Google Books](#)

The teachings of the Buddha are plain and straightforward, and because they remain focused on the moment, they are just as relevant now as they have ever been. [Buddhism Plain and Simple: The Practice of Being Aware, Right Now, Every Day](#) is the book for anyone wanting to discover, or rediscover, the essence of Buddhism.

[Buddhism Plain and Simple - Dharma Field](#)

Buddhism is about awareness--being awake, alert, in touch with what is actually happening. Dharma Field is located in Minneapolis Minnesota and welcomes everyone. We offer instruction on mindfulness meditation, and talks and classes on Zen Buddhism.

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Buddhism Plain and Simple (Audiobook) by Steve Hagen ...

Buddhism Plain and Simple offers listeners these fundamental teachings, stripped of cultural trappings that have accumulated around Buddhism over the past 25 centuries. The newcomer will be inspired by the clear, simple principles found in Buddhism Plain and Simple , and those familiar with Buddhism will welcome this long-needed overview.

Buddhism Plain and Simple Quotes by Steve Hagen

Buddhism Plain and Simple Quotes Showing 1-30 of 167
The buddha-dharma does not invite us to dabble in abstract notions. Rather, the task it presents us with is to attend to what we actually experience, right in this moment.

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