



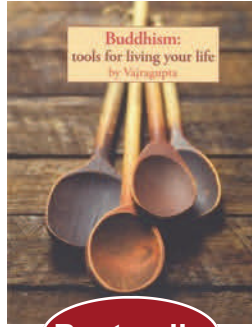
Recommended Books

Introducing Buddhism	Meditation	Mindfulness	Developing Buddhism	Advanced Buddhism
-----------------------------	------------	-------------	---------------------	-------------------

Introductory books to help you study at home

Buddhism: Tools for Living Your Life
By Vajragupta

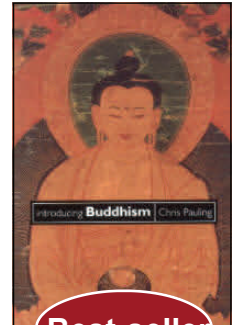
With helpful suggestions, anecdotes and reflections, this guide outlines how to live a Buddhist life, and how to find greater meaning and happiness every day.



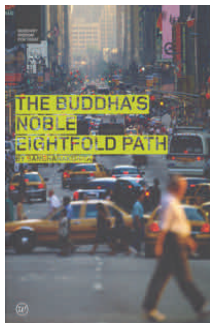
Best-seller

Introducing Buddhism
By Chris Pauling

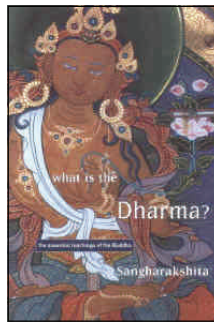
From awareness to wisdom, this concise guide explains the essential teachings and practices that form the basis of most schools of Buddhism.



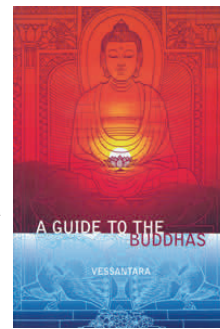
Best-seller



The Buddha's Noble Eightfold Path
By Sangharakshita



What is the Dharma?
By Sangharakshita

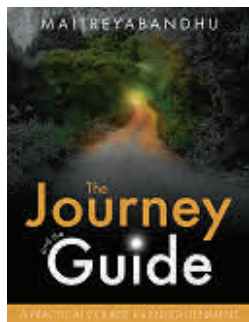


A Guide to the Buddhas
By Vessantara

Written by the founder of the Triratna Buddhist Community, *The Buddha's Noble Eightfold Path* and *What is the Dharma?* introduce core principles of the Buddha's teachings. In *A Guide to the Buddhas* Vessantara introduces us to the historical and archetypal Buddhas, bringing them to life.

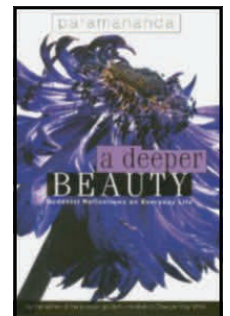
The Journey and the Guide
By Maitreyabandhu

A journey of practical week-by-week exercises, focusing on cultivating mindful awareness and truly being ourselves.



A Deeper Beauty
By Paramananda

Using simple exercises and reflections the author explores meaning, depth and how to develop stillness in our lives.



How to purchase books from Windhorse Publications

Check the bookshop at your local Triratna Buddhist Centre. If the book is not available, please leave a note for the bookshop manager or visit our website at windhorsepublications.com to order online.