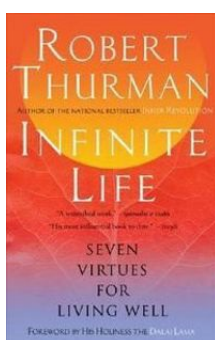


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I really enjoyed this. I didnt read it cover to cover, I chose to look at topics that interested me the most. Robert Thurman writes in a way that makes Buddhist practices understandable and attainable. I particularly likes when he talks about meditating and says being mindful and interested in meditating does not have to be overwhelming....

Have read this book 5 times over. I love it's boiling down of the dharma. Clear and consise