



Buddhism: A Very Short Introduction (Very Short Introductions)

By Damien Keown

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Damien Keown

This Very Short Introduction offers readers a superb overview of the teachings of the Buddha, as well as a succinct guide to the integration of Buddhism into daily life. What are the distinctive features of Buddhism? Who was the Buddha, and what are his teachings? Words such as "karma" and "nirvana" have entered our vocabulary, but what do they mean? Damien Keown provides a lively, informative response to these frequently asked questions about Buddhism. As he sheds light into how Buddhist thought developed over the centuries, Keown also highlights how contemporary dilemmas can be faced from a Buddhist perspective.

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"impressive"

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Damien Keown is Reader in Buddhism at Goldsmiths College, University of London. His books on Buddhism include *Dictionary of Buddhism* and *Buddhist Ethics: A Very Short Introduction*. He is also Editor of *The Journal of Buddhist Ethics* and Co-Editor of *The Curzon Critical Studies in Buddhism* series.

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