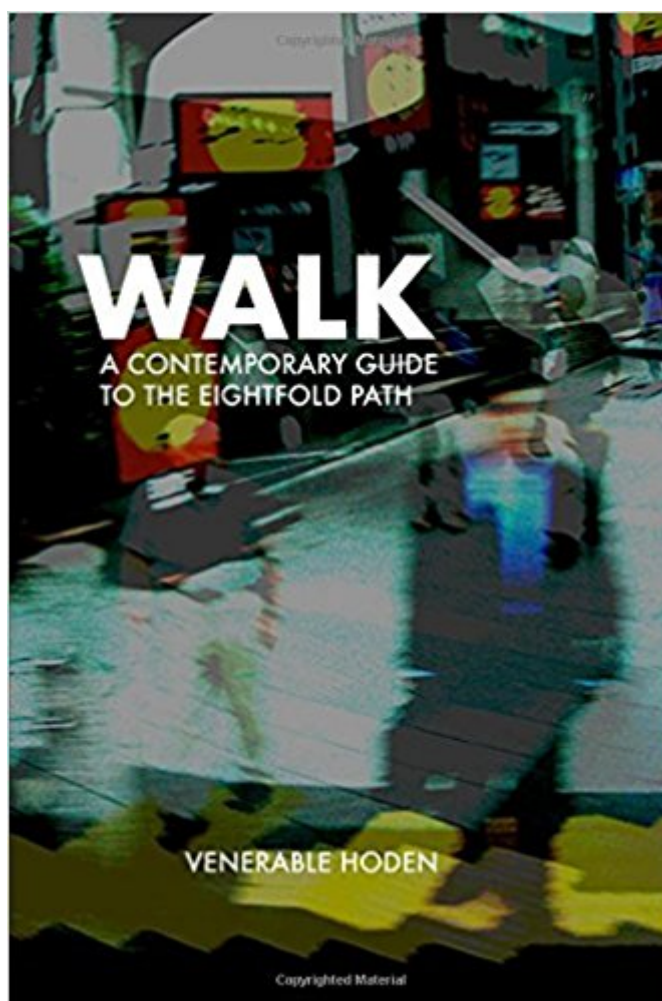


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Walk: A Contemporary Guide To The Eightfold Path



Synopsis

A contemporary view of the eightfold path, the guideline to a lifestyle as taught by The Buddha. This book breaks down each of the elements of this path along with aspects of the overlaying concepts of the middle path, the four noble truths and the pathways to perfect our thoughts and actions to find peace and liberation in a modern world.

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