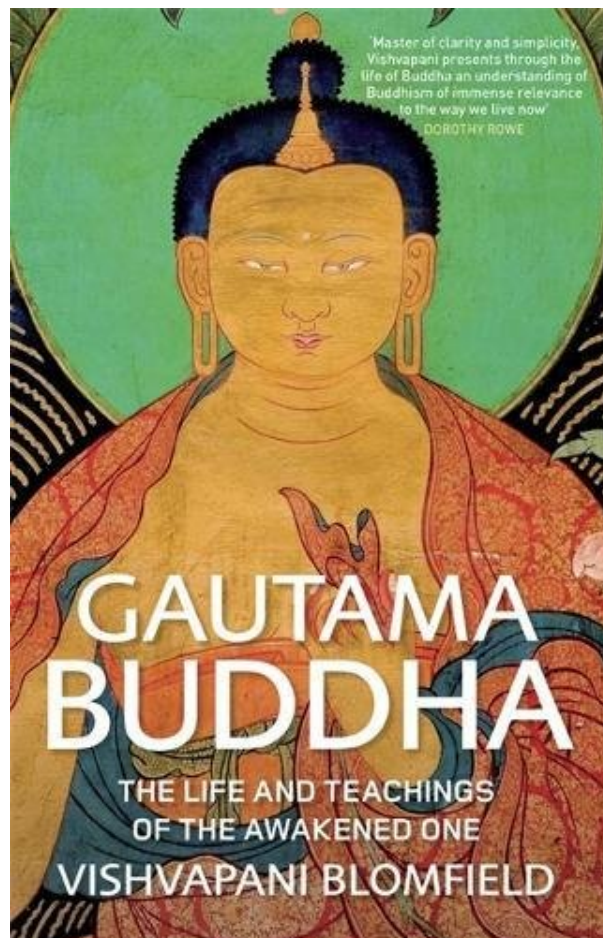
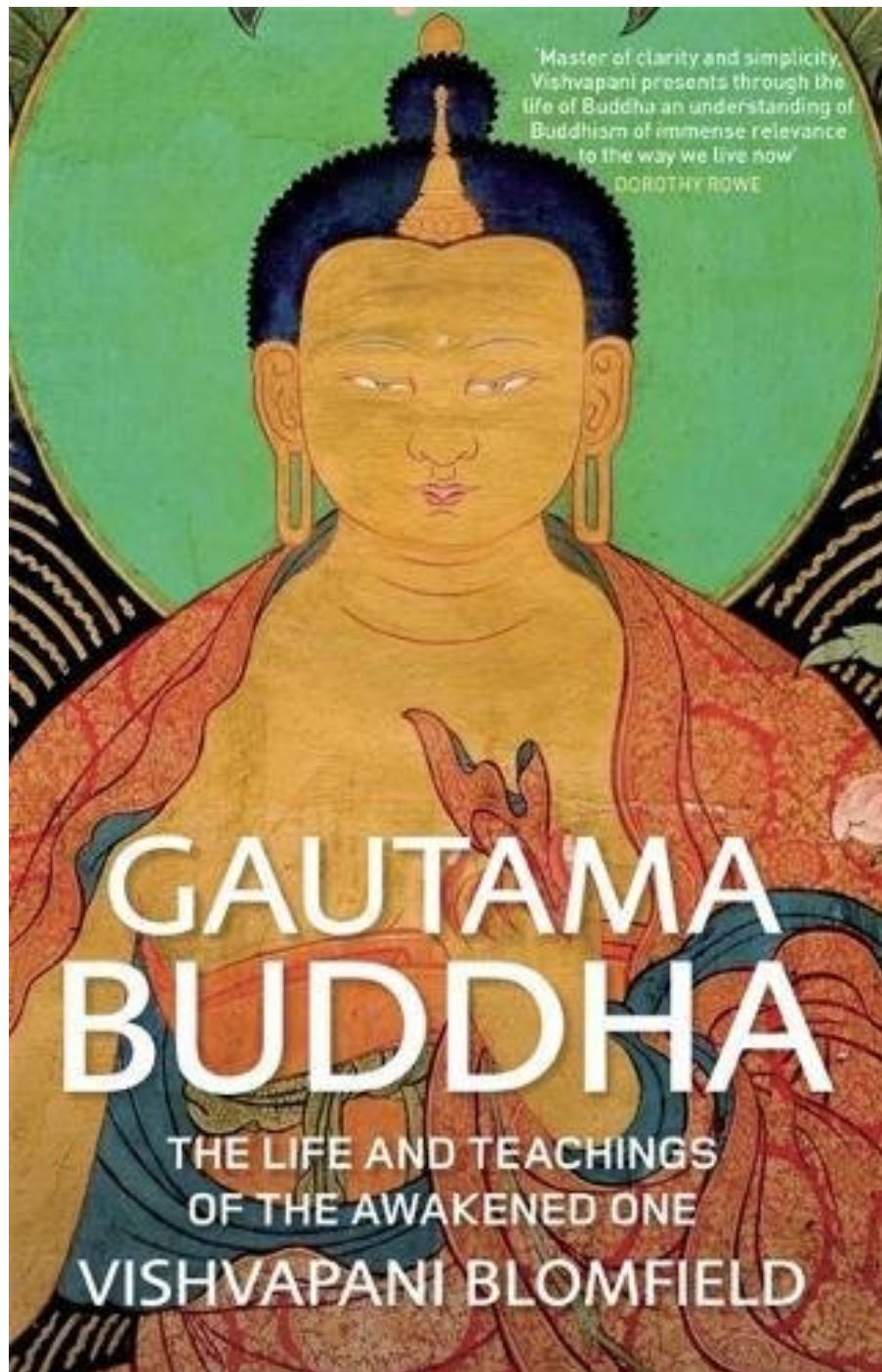


GAUTAMA BUDDHA: THE LIFE AND TEACHINGS OF THE AWAKENED ONE BY VISHVAPANI BLOMFIELD



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'Master of clarity and simplicity, Vishvapani presents through the life of Buddha an understanding of Buddhism of immense relevance to the way we live now' Dorothy Rowe, author of *Beyond Fear and Depression: The Way Out of Your Prison*. * Dorothy Rowe *

About the Author

Vishvapani Blomfield has taught meditation for over eighteen years. He also writes and broadcasts on mindfulness, meditation and Buddhism, and is a regular contributor to BBC Radio 4's 'Thought for the Day'. *Challenging Times: Stories of Buddhist Practice When Things Get Tough*, edited by Vishvapani, was published in 2006.

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The Buddhist author scholar Blomfield has done a wonderful job piecing together numerous sutta verses (Buddhist scriptures) to create a cohesive, and highly readable, narrative of the Buddha's life. In so doing, he explains central Buddhist concepts in an easy to understand manner. The only minor problem is missing references. Nevertheless, together with Nakamura's similar work, I highly recommend this book.

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