



Buddhism without Beliefs

Stephen Batchelor

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A national bestseller and acclaimed guide to Buddhism for beginners and practitioners alike

In this simple but important volume, Stephen Batchelor reminds us that the Buddha was not a mystic who claimed privileged, esoteric knowledge of the universe, but a man who challenged us to understand the nature of anguish, let go of its origins, and bring into being a way of life that is available to us all. The concepts and practices of Buddhism, says Batchelor, are not something to *believe in* but something to *do*—and as he explains clearly and compellingly, it is a practice that we can engage in, regardless of our background or beliefs, as we live every day on the path to spiritual enlightenment.

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