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FOREWORD I am happy to know about this book, Buddhism for Beginners, by Thubten Chodron. This book is written mainly for people wanting to understand basic Buddhist principles and how to integrate

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Thubten Chodron, an American-born Tibetan Buddhist nun, travels worldwide, teaching and leading meditation retreats. Known for her clear and practical explanations of the Buddha's teachings, she is the author of *Buddhism for Beginners*; *Working with Anger*; *How to Free Your Mind*; *Open Heart, Clear Mind*; and *Taming the Mind*. She lives in Seattle, Washington.

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