

# A Comprehensive Manual of Abhidhamma Vipassana Meditation and the Buddhas Teachings

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## **BOOK SYNOPSIS**

Among the numerous lives of the Buddha, this volume may well claim a place of its own. Composed entirely from texts of the Pali Canon, the oldest authentic record, it portrays an image of the Buddha which is vivid, warm, and moving. Chapters on the Buddhas personality and doctrine are especially illuminating, and the translation is marked by lucidity and dignity throughout.

### **A COMPREHENSIVE MANUAL OF ABHIDHAMMA VIPASSANA MEDITATION AND THE BUDDHAS TEACHINGS**

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