



A Little Bit of Buddha: An Introduction to Buddhist Thought

By Chad Mercree

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A Little Bit of Buddha: An Introduction to Buddhist Thought By Chad Mercree

Buddhism blossoms from the words and life of Siddhartha Gautama, the Buddha. Buddhism is a philosophy, not a religion, and billions of people model their way of life on the peaceful and compassionate teachings of the Buddha. He is not worshipped as a god, but rather respected as an everyday human being who rediscovered a way of life that led to the end of his suffering and confusion about the apparent tragedy of the world. Buddha's words and teachings continue to influence society in positive ways by encouraging us all to develop happiness and peace from within.

A Little Bit of Buddha is a wonderful introduction to the life and ways of one of the most unique humans the world has known.

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Editorial Review

From the Author

I'm so excited to share the wisdom and life of one of the most unique individuals in recorded history: Siddhartha Gautama, known to the world simply as the Buddha. 'A Little Bit of Buddha' takes you on a journey to learn about the Buddha's early life and quest to find an end to suffering, his experience of enlightenment and his decision to share his insights with the world. You'll also learn the nuts and bolts of his teachings, from the observation of suffering to the requirements to liberate oneself from the influence of karma once and for all. I hope you enjoy the book!

About the Author

Chad Mercree is an author and speaker who has written for several publications. His book, *The Way of the Psychic Heart* (Llewellyn Publications), was published in June 2014. Mercree is also an award-winning designer and nationally recognized botanical expert, successful entrepreneur, and devoted environmentalist. With his degree in Natural Resources Management, Mercree has combined the Buddhist principles of service with the preservation of nature, creating urban oases where people can seek peace in the midst of busy city life. He has led workshops throughout the US on meditation, spiritual awakening, and connecting to the natural world. Mercree lives in FL.

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Lisa Gonzales:

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