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Sommario/riassunto	Gil Fronsdal's 'The Buddha before Buddhism' offers a translation of ancient Buddhist poems known as the Book of Eights, part of the Khuddaka Nikya. The text presents some of the earliest teachings attributed to the Buddha, emphasizing a direct and pragmatic approach to achieving peace without relying on complex religious doctrines or metaphysical assertions. It challenges conventional Buddhist beliefs by focusing on immediate, worldly peace rather than transcendent states. The book is intended for those interested in Buddhism's foundational teachings and offers insights into the essential elements of the

Buddha's message before the formal establishment of Buddhist doctrine. Fronsdal aims to make these early teachings accessible and relevant to modern readers, providing a fresh perspective on the Buddha's vision of peace.

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