

1. Record Nr.	UNINA9910915645803321
Autore	Luong Cân-Liêm
Titolo	Anthropologie Bouddhique : Apprendre, Comprendre, Partager
Pubbl/distr/stampa	Paris : , : Les Impliqués, , 2018 ©2018
Edizione	[1st ed.]
Descrizione fisica	1 online resource (256 pages)
Soggetti	Buddhism Philosophy
Lingua di pubblicazione	Francese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	This book explores the teachings and philosophy of Gautama Buddha, emphasizing the art of living through the 'Three Jewels': Buddha, Dharma, and Sangha. It highlights the importance of learning from life, understanding it, and sharing insights within a community. The text delves into concepts such as detachment from material desires and the pursuit of Nirvana, which represents ultimate freedom and peace of mind. The author, Cân-Liêm Luong, a psychologist and psychiatrist, integrates Buddhist ethics into a framework for human thought and behavior. This work targets readers interested in anthropology, psychology, spirituality, and ethical living, offering insights into how Buddhist teachings can be applied to modern life.