



Meeting the Buddhas: Our Closest Friends and Helpers

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In simple language and exquisite photographs and paintings, 15 Buddhas are introduced to anyone seeking to learn more about the tenets and practices of the Buddhist tradition. Each page introduces one of the Buddhas to the reader and reveals a different aspect of enlightenment, teaching people of all ages how they can become more kind, wise and gentle. Photographs of statues and paintings of each Buddha highlight the exquisite art that is an intrinsic part of the Kadampa Buddhist tradition. Prayers, stories, mantras, and accessible explanations make every part of the spiritual path fun and approachable. An image-seeking game adds an element of play, and a glossary and resources for additional information make this reference a valuable introduction to one of the world's major religions.

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