
The Heart of the Buddha's Teaching Summary PDF Cheatsheet

— GrowthSummary.com

?? 1. Oral Tradition: Buddha's teachings were passed down orally for 400 years before being written down

? 2. Living Practice: Buddhism not about memorizing theories, but living in a new way

? 3. The First Noble Truth: Embrace suffering as a fact of life

? 4. The Second Noble Truth: Look deeply to find the causes of your suffering

? 5. The Third Noble Truth: Face your real suffering directly to end it

?? 6. The Fourth Noble Truth: Follow the Noble Eightfold Path to stop doing what causes suffering

? 7. Break Old Mind Patterns: Stop your old 'habit energies' with mindfulness

This is just a sample!

Learn faster and save time with Growth Summary, premium book summaries on business, self-help, and more. Listen to full-length audio summaries, take fun quizzes, and get personalized recommendations at GrowthSummary.com