



## The Best Way to Catch a Snake

*Karma Yeshe Rabgye*

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## **The Best Way to Catch a Snake** Karma Yeshe Rabgye

Buddhism, with its stress on non-violence, the Middle Path and its promise of nirvana, finds many followers. However, being a Buddhist has now become merely a fashion statement for many, because their favourite celebrity propagates it. Simply wearing robes or carrying prayer beads does not make a person a Buddhist; Buddhism is something that is ingrained within, and has to become a part of everyday life. **The Best Way to Catch a Snake** is meant for all those who want to start their journey towards nirvana but don't know where to begin. It goes beyond the exotic rituals and practices that Buddhism is today seen as, and elucidates the Four Seals, the Four Noble Truths and the Four Thoughts of Buddhism in simple, jargon-free language. Written by a Buddhist monk, it combines examples from his own experience with simple exercises. An easily relatable and valuable source of Buddhist knowledge, this book is a must-read for anyone drawn to the teachings of Gautama Buddha.

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