



# The Four Noble Truths: The Foundation of Buddhist Thought, Volume 1

*Geshe Tashi Tsering*

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The four noble truths are well known as the Buddha's first and most essential explanation of his enlightened realizations. The truths diagnose the human existential crisis--suffering and its origin--and prescribe a solution--cessation and the path. To understand the four noble truths is to understand Buddhism as a whole.

In *The Four Noble Truths*, Geshe Tashi draws on his decades of training in Tibetan Buddhism to illuminate these truths for a modern audience. His respectful engagement with Buddhists outside his own tradition and his insights into Western culture make this book refreshing. It will reward even those already acquainted with the fundamentals of Buddhism.

*The Four Noble Truths* is the first of six stand-alone volumes in the Foundation of Buddhist Thought series.



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