

# CONTENTS

		Page
1. Foreword	1	
2. Preface	2	to 10
3. Acknowledgement	11	to 13
4. The Gotama Buddha	14	to 18
5. Prominent Characteristics of Buddhahism	19	to
Is Buddhism a Philosophy	22	
Is Buddhism a Religion	24	
Is Gotama Buddha a Saviour	25	
What is Buddhism all about?	26	to 35
6. The Four Noble Truths	36	
7. The First Noble Truth	37	to 49
8. The Second Noble Truth	50	to 59
9. The Third Noble Truth	60	to 65
10. The Fourth Noble Truth	66	to 87
11. Bhavana	88	to 95
12. Epitome	90	to 99