

Unveiling the Depths of Buddhist Philosophy: A Comprehensive Manual of Abhidhamma

Delve into the profound realm of Buddhist philosophy with our comprehensive manual on Abhidhamma, the foundational pillar of Buddhist psychology. This meticulously crafted guide unveils the intricacies of Buddhist thought, providing in-depth analysis and accessible explanations.

A Journey into the Microcosm of Consciousness

Abhidhamma is the systematic study of the mind and its workings, exploring the fundamental building blocks of consciousness. It offers a unique lens through which to understand the nature of reality, unraveling the interconnectedness of all things.



A Comprehensive Manual of Abhidhamma: The Philosophical Psychology of Buddhism by Bhikkhu Bodhi

★★★★☆ 4.9 out of 5

Language : English
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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 601 pages
Lending : Enabled



Through this comprehensive manual, you will embark on a journey into the microcosm of consciousness, deciphering the complex interplay of mental

phenomena. You will gain insights into the nature of perception, volition, and consciousness itself.

Unveiling the Secrets of the Mind

This manual provides a thorough analysis of the 52 mental factors that constitute all mental states. These factors include attention, concentration, determination, and insight.

By understanding the nature and function of these mental factors, you will develop a deep understanding of how the mind operates. You will learn to recognize and control your mental processes, leading to greater clarity, focus, and well-being.

Transformative Wisdom for Daily Life

The teachings of Abhidhamma extend beyond mere theoretical knowledge. They offer practical guidance for navigating the complexities of life. This manual provides clear and practical applications of Abhidhamma principles, empowering you to transform your life and experience greater peace, joy, and fulfillment.

Through the teachings of Abhidhamma, you will learn:

1. How to cultivate mindfulness and concentration
2. How to develop wholesome mental states
3. How to break free from negative thought patterns
4. How to find inner peace and happiness

A Comprehensive and Accessible Guide

This comprehensive manual has been meticulously crafted to provide an in-depth yet accessible exploration of Abhidhamma. It is written in clear and concise language, making it suitable for readers of all levels.

The manual is also richly illustrated with diagrams and tables, which help to simplify complex concepts and enhance understanding. Whether you are a seasoned Buddhist practitioner or a newcomer to the teachings, this manual will provide you with a profound and transformative journey into the depths of Buddhist philosophy.

Free Download Your Copy Today and Embark on a Journey of Discovery

Free Download your copy of the Comprehensive Manual of Abhidhamma today and unlock the transformative power of Buddhist wisdom. This comprehensive guide will empower you to delve into the depths of consciousness, unleash your inner potential, and live a life of greater clarity, purpose, and joy.

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Don't miss out on this opportunity to gain a deeper understanding of the nature of reality and transform your life through the timeless teachings of Abhidhamma. Free Download your copy today and embark on a journey of self-discovery and awakening.

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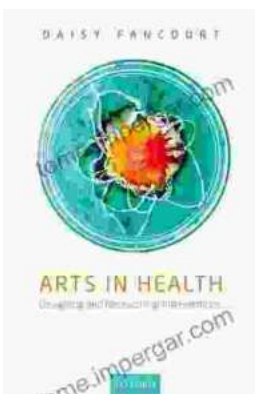


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