



## A Little Bit of Buddha: An Introduction to Buddhist Thought (Hardback)

By Chad Mercree

Sterling Publishing Co Inc, United States, 2015. Hardback. Condition: New. Language: English . Brand New Book. At its heart, Buddhism blossoms from one source: the words and life of Siddhartha Gautama, the Buddha. Chad Mercree, a lifetime student of Buddhist philosophy and meditation, reveals in simple language how Buddhism can yield personal growth in the modern world. Because every journey is unique, Mercree relates his own story, as well as the experiences of famous Buddhists throughout history, to help you apply Buddha s principles to your personal path.



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