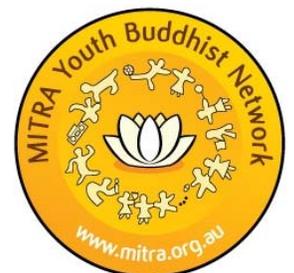


Recommending Buddhist Publications

Background	Question	Leaflets	Books
1. I am from overseas, I have just arrived and I have a Buddhist family background. I am having trouble settling in.	Can you provide any assistance or advice to help me settle in?	•	
2. I know nothing about Buddhism but I am interested in Buddhism.	How do I start?	• A 5 minute introduction to Buddhism	<ul style="list-style-type: none"> • Buddhism As A Religion (KSD) • What The Buddha Taught (Rahula) • Why Buddhism (KSD) • What is this religion(KSD)
3. I was raised in a Buddhist family overseas but there were a lot of rituals that did not make sense to me.	Can you give me a basic introduction to Buddhism?	• Day to day Buddhist Practises	<ul style="list-style-type: none"> • What The Buddha Taught (Rahula) • The Tree Of Enlightenment (Della Santina) • Why Buddhism (KSD) • You are responsible (KSD) • Duties of a lay Buddhist
4. I was raised in a non-Buddhist family and I am curious about Buddhism.	How is it different to Christianity? How is it similar?	• A 5 minute introduction to Buddhism	<ul style="list-style-type: none"> • How To Live Without Fear And Worry (KSD) • How to choose a religion(KSD) • Religion in a scientific age (KSD) • The purpose of life (KSD)
5. I know a bit about Buddhism but I don't understand the different schools and why they are different.	Why are there different schools?	•	<ul style="list-style-type: none"> • The Tree Of Enlightenment (Della Santina)
6. I understand the basics of what the Buddha taught but I find it difficult to apply	How is Buddhism relevant to my life?	• How to overcome your difficulties	<ul style="list-style-type: none"> • How To Live Without Fear And Worry (KSD) • You are responsible

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it to my own issues and problems.			<ul style="list-style-type: none"> • Why we should practice Buddhism (KSD)
7. I am already a Buddhist and I have read a few books on Buddhism.	Can you give me some literature on the teachings of Buddhism?	<ul style="list-style-type: none"> • Let Peace Prevail on Earth • How to overcome your difficulties 	<ul style="list-style-type: none"> • The Tree Of Enlightenment (Della Santina) • What The Buddha Taught (Rahula)
8. I know a bit about Buddhism but I don't understand kamma.	Can you explain kamma?	<ul style="list-style-type: none"> • A 5 minute introduction to Buddhism 	<ul style="list-style-type: none"> • Buddhism As A Religion (KSD) • What The Buddha Taught (Rahula) • Karma & Rebirth (Mahinda)
9. I know a bit about Buddhism but I don't understand rebirth.	Can you explain rebirth?	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Buddhism As A Religion (KSD) • What The Buddha Taught (Rahula) • Do you believe in rebirth? (KSD)
10. I am interested in meditation, but have never practiced meditation.	Have you got anything that can introduce me to meditation?	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Mindfulness In Plain English (Gunaratana)
11. I am interested in meditation and have had a bit of experience.	Have you got anything that goes into detail on meditation techniques and advice?	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Mindfulness In Plain English (Gunaratana)
12. I am pursuing a tertiary education.	It is wrong to have the desire to succeed in life?	<ul style="list-style-type: none"> • Is is wrong to be ambitious? 	<ul style="list-style-type: none"> • Leading a Buddhist life?



Leaflets (can be found on mitra.org.au > resources > dharma resources)

A 5 minute introduction to Buddhism

Day to Day Buddhist Practices

How to overcome your difficulties

Is it wrong to be ambitious?

Let Peace Prevail on Earth

Books

Gems Of Buddhist Wisdom (Various)

Buddhism As A Religion (KSD)

Mindfulness In Plain English (Gunaratana)
(KSD)

What The Buddha Taught (Rahula)

The Tree Of Enlightenment (Della Santina)

A Manual Of Buddhism (Narada)

The Gift Of Well Being (Munindo)

How To Live Without Fear And Worry

The Four Noble Truths (Sumedho)

