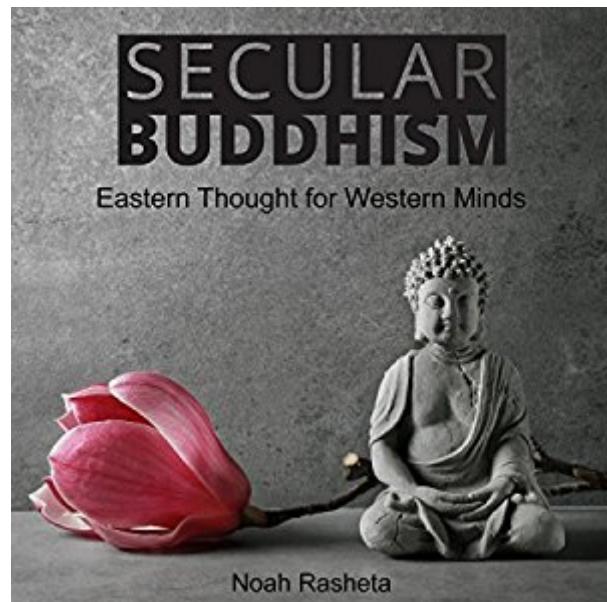


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# Secular Buddhism



## **Synopsis**

In this simple yet important book, Noah Rasheta takes profound Buddhist concepts and makes them easy to understand for anyone trying to become a better whatever-they-already-are.

## **Book Information**

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## **Customer Reviews**

I highly recommend this book. I have followed Noah for years and his inspiring podcast by the same name, and was thrilled to see his new book. It's a quick read that I found I had highlighted MOST of the book. There is NO filler here--just good practical life lessons without dogma or religious undertones. It's fully compatible with what ever worldview or belief system you have now. One of my favorite books of the year. Thanks Noah!

Clear and concise, but tepidly secular outline on basic Buddhism. While I appreciate the author's views and his courage to write this, it was lacking in any real substance. The use of anecdotes, many used over and over (OK... Chris is a woman, we get it already), made this feel more like a biography than a book on a secular Buddhist path. (FWIW - Stephen Batchelor was criticized for the same anecdotal method of writing in his book After Buddhism, and it is by far a much more complete treatise.) Almost as if the author wasn't entirely comfortable proposing a truly heterodox/secular view, the two topics that needed the most examination from a secular point of view (karma and rebirth) are barely given any exposure at all. These two topics are the crux of the secular Buddhist movement, and so rejecting the metaphysical "mumbo jumbo" surrounding them is

(to me) what secularism is all about. Anyone can write about the Four Truths (Tasks) or the 8 Fold path, and claim to present a secular view, but tackle karma/rebirth and all the mysticism surrounding it (not to mention the dogmatically ridiculous way Buddhists defend this idea), and only then are you really examining secularism. In the end, if you're unfamiliar with basic Buddhist principles, and are looking for a mildly unorthodox view of it (I guess you could call it a secular view), this might be for you. However, if you're already Buddhist looking at adopting a secular path, you might want to skip this.

So many books in this genre are repetitive and become banal. This is a great read with great content from beginning to end. Thank you Noah for investing the time to share your knowledge.

Well-written and concise little book. I'd recommend it to anyone wanting to get the essence of Buddhism without the cultural trappings.

A very short, but intensely powerful book, which gives the reader a peek into the bare bones of what Buddhism is all about. It lays out the central tenets in plain language, with great examples, and shows just how important and necessary this school of thought is to the peaceful path of Life. Rasheta is a master writer, who is knowledgeable about his subject, but with the ability to show it in a easy to understand manner.

Noah Rashetta clearly and coherently explains Secular Buddhism as a methodology useful to believers and non-believers alike in their search for happiness through peace of mind. Though any regimen for self-understanding and growth requires work, this methodology is straight-forward read and apply.

I really enjoyed this book just as I enjoy the author's podcast. This is definitely an introduction to Buddhism sans the extensive cosmology as opposed to a book that is a specific rejection of that cosmology/karma/reincarnation/etc. Some readers looking for an explicit discussion of the secular part might be disappointed. It's more passively secular than actively so. Noah and I share a former religion and replacing the philosophy I grew up with with something more real to me has been a years-long process. This makes his experiences especially relevant to me. I studied Buddhism for a while years ago but ultimately rejected it because in many varities it has just as elaborate of an unbelievable (for me) cosmology as the religion I left. I just happened to read this as a reintroduction

to Buddhism and was pleasantly surprised. Noah explains suffering perfectly in a way that makes me appreciate this aspect of Buddhism and use it to be a "better whatever I am". Although it seems that Noah plays with mysticism occasionally, there is something there that helps me relate to more religious family, friends, and coworkers as well. Specifically, the way he defines faith and spirituality in a Buddhist way gives me a tool to deal with people who tell me to have faith. Ultimately, if you're looking to find some ideas from Buddhism to use in your life, I think this is a great book.

I have read many books on secular buddhism. Noah Rasheta's book is exceptional because of its brevity and exploration of key Buddhist concepts through a western-oriented lens. A key feature of secular buddhism is observation and application of the Dharma and finding out if reality reflects these principles and if it does it through observation and application (rather than through a belief that it does) unveils a wisdom that assists in easing your suffering and promote a more compassionate and wise response. So, you can observe to see if reality works like this and train the mind through meditation (concentration and mindfulness) to empower the mind to act from these wisdoms. I think this book will become a valuable assets for the practitioner regardless of tradition.

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