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Not About Being Good: A Practical Guide to Buddhist Ethics

Subhadramati

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Not About Being Good: A Practical Guide to Buddhist Ethics Subhadramati
While there are numerous books on Buddhist meditation and philosophy, there are few books that are entirely devoted to the practice of Buddhist ethics. Here Subhadramati, an experienced teacher of meditation and ethics, communicates clearly both their founding principles and the practical methods to embody them. She shows how Buddhist ethics doesn’t see human nature as something to be beaten into submission or tamed. Buddhism is about fulfilling our human nature, not diminishing it. In Buddhism, being ethical means being truly human.

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