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Mon, 2015-03-30 15:01 -- Ben Treadaway

The Thoughtful Guide series is for serious spiritual seekers looking to deepen their knowledge of a particular religion.

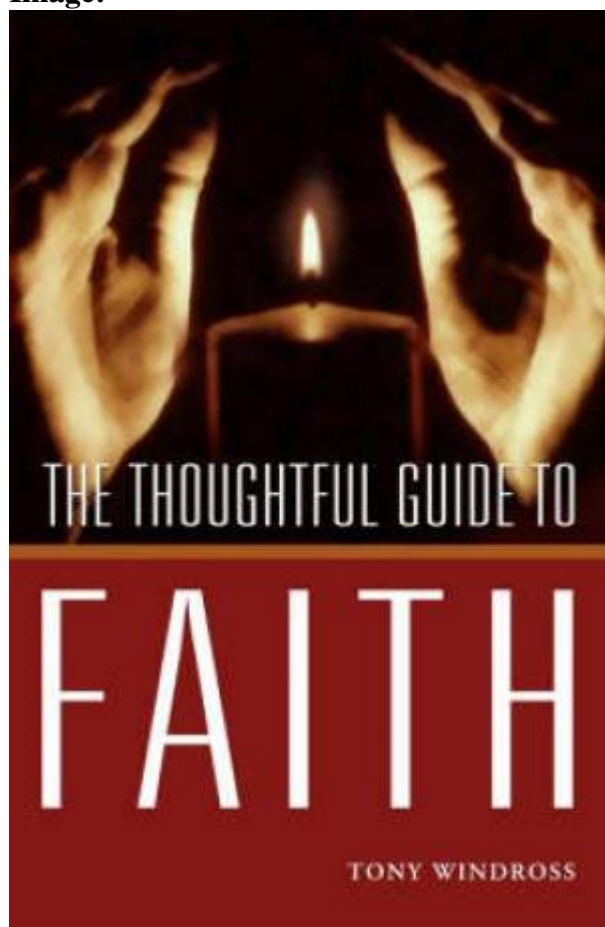
The books are very accessible overviews of the history and the benefits that a particular religious practice can bring to the reader, well-researched and well balanced. The authors eschew fundamentalism and excessive simplifications, mapping out paths that can be followed with the mind as well as the heart.

O Books, 2005; £9.99

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