



Going Buddhist: Panic and Emptiness, the Buddha and Me (New edition)

By Peter J. Conradi

Short Books Ltd. Paperback. Book Condition: new. BRAND NEW, Going Buddhist: Panic and Emptiness, the Buddha and Me (New edition), Peter J. Conradi, About twenty years ago, Peter Conradi's life hit the bumpers, and he began suffering from terrifying panic attacks. This book is his account of the new life-journey he embarked on back then, when, with the help of his friend and mentor Iris Murdoch, he began to explore Buddhism. Full of wise comedy, this is a self-help book for cynics, in which Conradi seeks to explain the beauty of Buddhism, a religion now more relevant than ever to Westerners, perishing from the nihilism of the age.



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