

“Weaves together historical, cultural, religious, and philosophical discussions to paint a compelling, vivid, and nuanced portrait of the Indian philosophical tradition.”

Joel Feldman, Rider University, USA

“Written in the voice of a seasoned teacher, this engaging book would be welcomed both by university students as well as lifelong learners interested in Indic thought.”

Raj Balkaran, Oxford Centre for Hindu Studies, UK

Discovering Indian Philosophy helps readers explore how the many and varied schools of Indian thought can answer some of the great questions of life: Who are we? How can we live well? How do we know what is true?

Accessibly written for readers new to Indian philosophy, the book takes you through the main traditions of thought, including Buddhist, Hindu and Jain perspectives on major philosophical topics from ancient times to the present day. Bringing insights from the latest research to bear on the key primary sources from these traditions and setting them in their full spiritual, historical and philosophical contexts, *Discovering Indian Philosophy* covers such topics as:

- Philosophies of action and knowledge
- Materialism and scepticism
- Consciousness and duality
- Religious and cultural expressions

The book includes a pronunciation guide to Sanskrit and Indic language terms and a comprehensive guide to further reading for those wishing to take their study further.

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