



# **The Buddhist Guide to New York: Where to Go, What to Do, and How to Make the Most of the Fantastic Resources in the Tri-State Area**

*Jeff Wilson*

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Buddhism in New York is as exciting and diverse as the city itself, but can be just as overwhelming for those new to the practice. What's a good temple or practice center to try for your first visit? What should you wear? What are the differences between the various schools? With *The Buddhist Guide to New York*, you can find a supportive community in which to explore the wisdom offered by this 2,500-year-old tradition. The book includes:

- \* A brief introduction to Buddhism and the different schools, from Pure Land to Zen
- \* General etiquette for visiting temples
- \* Practice centers in all five boroughs, New York State, New Jersey, and Connecticut
- \* Tibetan stores and restaurants
- \* Buddhist health practitioners
- \* Museums and cultural resources
- \* Bookstores, publications, educational institutions, and other resources

Whether you're a new explorer of Buddhism or a long-time practitioner, *The Buddhist Guide to New York* will help you enjoy everything the region has to offer.

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