



Hinduism - An Introduction (Teach Yourself)

V. P. Hemant Kanitkar, Owen Cole

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Hinduism, with its rich variety of religious traditions, can often be hard to define. This book is an informative guide to those traditions, and their underlying unity. Covering all important aspects of Hinduism, from deities and temples to mythology and philosophy, and exploring what it means to lead a Hindu life, this book will let you discover this fascinating religion and understand its relevance today. **NOT GOT MUCH TIME?** One, five and ten-minute introductions to key principles to get you started. **AUTHOR INSIGHTS** Lots of instant help with common problems and quick tips for success, based on the authors' many years of experience. **TEST YOURSELF** Tests in the book and online to keep track of your progress. **EXTEND YOUR KNOWLEDGE** Extra online articles at www.teachyourself.com to give you a richer understanding of psychology. **FIVE THINGS TO REMEMBER** Quick refreshers to help you remember the key facts. **TRY THIS** Innovative exercises illustrate what you've learnt and how to use it.

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