Following in the Buddha's footsteps, Buddhists seek to reach nirvana, or enlightenment, a state of transcendence free from suffering, desire and the cycle of death and rebirth. Unlike Christianity or Islam, Buddhism does not have one central text that sums up the religion's basic tenets. If you're seeking to explore Buddhism more deeply, here are 12 books that both practitioners and religious seekers can use to learn more about this ancient tradition. Are there any books that we missed? Tell us in the comments below. This book provides an inspiring read to those who want to know more about Buddha as a philosopher and a spiritual teacher. They will be able to see him in a different light as they discover how he explored his own consciousness at the beginning of his spiritual journey. Those who are interested in history and religion can also gain knowledge on Gautama's legacy to the world and on the rising popularity of Buddhism in Western countries. Buddha Mom book. Read 17 reviews from the world's largest community for readers. Buddha Mom. Instead of a solid discussion on Buddhism and mothering, however, Kramer injects a lot of new-age spirituality into the narrative. I think that when her writing strays from the subject of Buddhism, her writing suffers because it obviously detracts. Overall, I was disappointed with this read. I've been reading up on Buddhism lately, because I was curious and hoping I can learn more about it and how it's applied in practice.