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Buddism is very prominent today in Southeast Asia and somewhat in East Asia

Core beliefs in Buddhism include the Four Noble Truths, the Eight-Fold Path, and the Five Precepts

Four Noble Truths

1. Life is suffering
2. Suffering is caused by desire
3. To end the suffering, end the desire
4. To end desire, follow the Eight-Fold Path

Eightfold Path

1. Right Understanding
2. Right Thinking
3. Right Speech
4. Right Conduct
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Concentration

Five Precepts

1. Don't Kill
2. Don't Steal
3. Avoid sexual misconduct
4. Don't Lie
5. Avoid intoxication