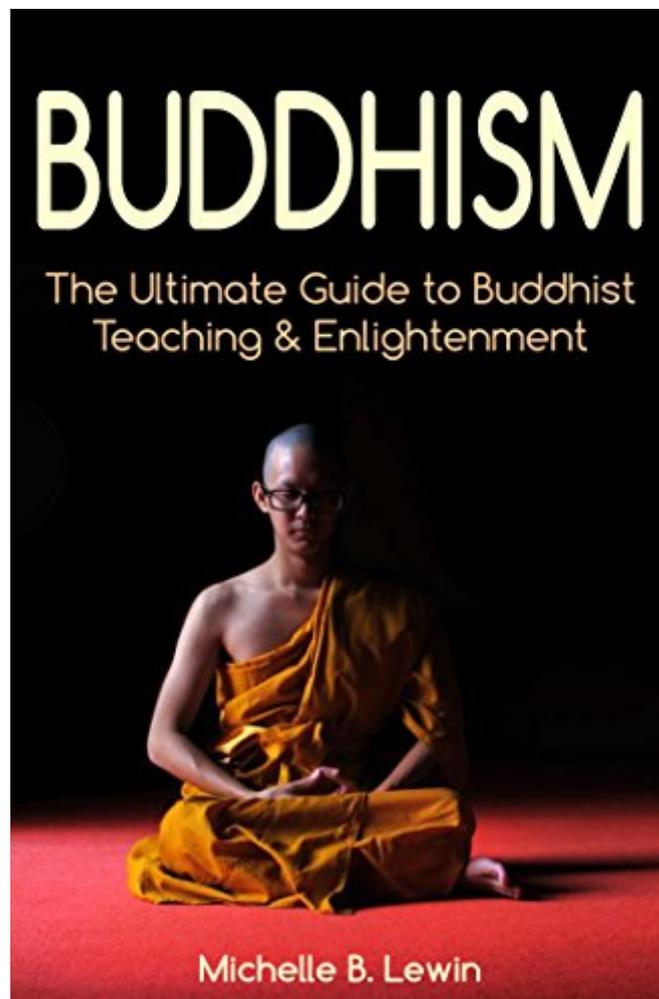


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# **Buddhism: Buddhism For Beginners - The Ultimate Guide To Buddhist Teaching And Enlightenment (Zen Buddhism, Mindfulness, Guided Meditation, Exercises, Buddhism Psychology Books)**





## Synopsis

An Exceptional Guide for Beginners to Switching to a Most Peaceful Way of Living a Stressful Life. Do you want to reduce the amount of stress, worries, and fears in your life to experience more happiness, peace and joy in your daily life? If yes, then you have landed at the right place. In this book, you will discover the Fundamental Beliefs and Principles of Buddhism, Buddhist teachings, and Buddhist Rituals, along with how you can include Buddhism into your daily life. However, you do not need to be a Buddhist to find the Buddha's teachings Motivational. This is a great starting point for beginners. If you want to learn more about Buddhism, you need to get this book. This book is written in a very simple way that can be understood by anyone! Buddhism explains Inequality and Injustice. It gives us the Purpose of Life while providing us with a moral code and way to lead a life filled with zen and Happiness. Buddhism is a philosophy. Some people refer to it as a religion, or faith, that comprises of numerous beliefs, traditions, and spiritual practices based originally on the teachings of Gautama Buddha. For many Buddhists, it is more like a way of life than a religion. Buddhism portrays the end of misery for anyone able to achieve enlightenment because the person no longer dwells on what they lack, but learns to live with the actuality of what is, without needs, wants, or desires. The information in this book can be implemented to anyone at any point in time. These lessons have been constructed to help everyone get another step closer to achieving inner peace. You don't need to give up all of your worldly possessions to find spiritual peace, and in this exceptional beginner's guide, you will learn exactly how to find it in any walk of life. Buddhism for beginners gives you insight about: What is Buddhism? The Meaning of Buddha Who is the Founder of Buddhism? How old Buddhism is? When was Buddhism Founded? Where and when did Buddhism Start? The Life History of Buddha Three Most Famous Buddhist Temples in the World The Buddhist Beliefs The Most Common Buddhist Traditions Is Buddhism A Religion? Hinduism vs. Buddhism Benefits of Practicing Buddhism in Everyday Life The Buddhists Concepts and Practices The Four Noble Truths and Bodhisattva Vows The Three Disciplines of Buddhism (Theravada Buddhism, Mahayana Buddhism, and Vajrayana Buddhism) The Noble Eightfold Path The Five Precepts of Buddhism Karma, Rebirth and Reincarnation So what are you waiting for? Get this kindle book now for just \$2.99 (for a limited time). Regularly priced at \$9.99. Read on your smart phone, tablet, Mac, PC or Kindle device.

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## Customer Reviews

I am in gratitude, honor, and amazement at how enjoyable and understanding this book is. Since purchasing it through a recommend by a friend, it has not left me. I keep reading it and it keeps resonating with Truth. There are already many English books about Buddhism way of thinking written by Japanese and western authors. But many of them describe only the history and facts of Buddhism and repeat old Asian style puzzling logic that is not valid for the modern mind. This is the first English book I have read that describes the genuine meaning of Buddhism in simple words. This book cuts through all the cultural stuff to expose the heart of Buddhism, is amazingly clear as to what the Buddha taught, and explains in practical terms how his teachings can be applied to our daily life. I recommend it to anyone who wants to find out about Buddhism, whether you are a complete layman or someone who has been studying it for years.

Even-though i was born and brought up in a land where Buddha was born and enlightened, i was not much keen about Buddhism. But being in spiritual path i was attracted to different masters who leave a lot of for the humanity. In the process i found this book on Buddhism a great valuable source to know completely about Bodhisattva and the 8-fold path and different types of yantras. The book is really incredible in giving complete picture of origin of Buddha until to the latest view on Buddhism. Truly a readable one. I recommend this book for everyone's well being.

I like this book. Perfect for beginners who have little to none idea about Buddhism. This book is well written, informative and provides an overview on what Buddhism all about. This can be very helpful for people like me who are not knowledgeable enough in the kind of teaching this religion offers. This book explains quickly but deeply the basics of Buddhism and the reasons for suffering in our life and introduces the practices one can use to reduce that suffering. Recommended for all people who're curious about Buddhism and the things it teaches.

This is a wonderful book. It really taught me a lot about Buddhism. This book is perfect for beginners who want to learn the most basic concepts about Buddhism, as well as how to start putting it into practice in their own lives. I think you don't need to be interested in becoming a Buddhist to read books like this one. It contains great lessons and tips that can help you live a happier, wiser life, whether you are interested in Buddhism or not. Good read!

After reading this great book you will understand the beauty and how important is to live a lifestyle with ethical practician path living without violence actions, looking forward the author describe how to conduct your spiritual path with life experience to relaxation atmosphere and integrate to your mind that Buddhism will transform the way you experience and respond to many difficult situations you confront your life.

A good beginner book. It's easy to understand. The contents are concise and clear. It makes you understand the philosophy, practices and culture of Buddhism in a simple manner. It is a great way to get an introduction to Buddhism and is also very helpful for anyone who has a family member or loved one or is a Buddhist and is wanting to learn more about the practice. I highly recommended this book.

In the traditional understanding of Buddhist is one who takes Refuge in the Buddha, Dharma and Sangha. All actions that we do whether we drink tea, talk or just sit, we do so that they bring us closer to the goal. And only then can we call ourselves Buddhists. Interesting book about the Buddha's teachings.

Great guide on learning all about Buddhism. Great to bring calmness and peace into your life. Buddhism is very interesting because it stands out as different from most religions. I was interested

in it from my friend Peter and this book tells a lot of what you need to know so I recommend!

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