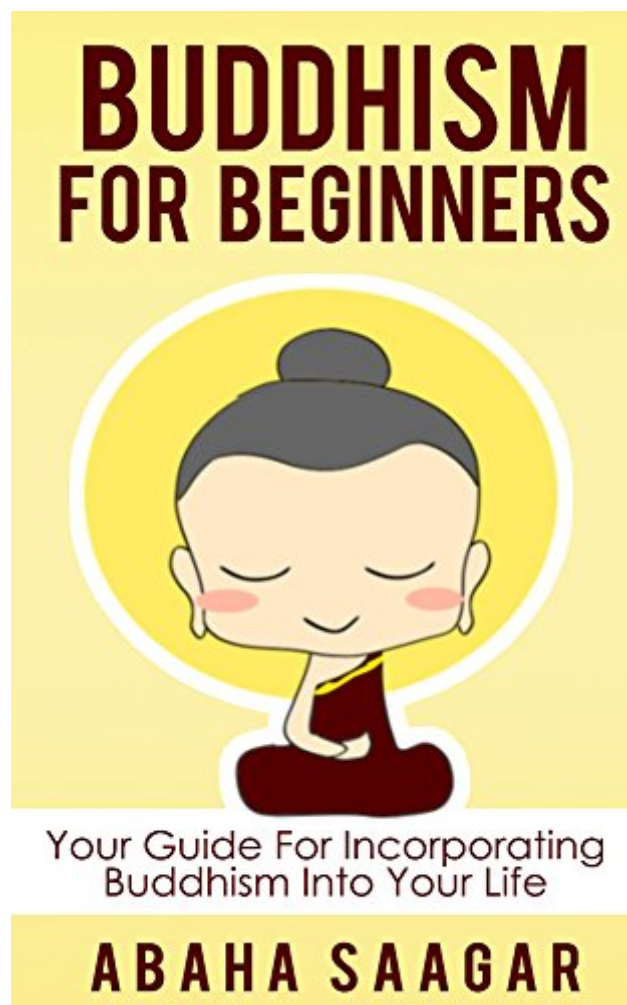




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# **Buddhism: Buddhism For Beginners: Your Guide To Incorporate Buddhism Into Your Life (Buddhism Focus, Buddhism Teachings, Buddhism History, And Buddhism ... Life)**





## Synopsis

Buddhism For Beginners! Incorporate Buddhism into your Life. Are You Ready For An Awakening? Then download your copy now and start learning about the 4th largest religion in the world, with more than 300 million people and counting that are making it their way of living! Reading this book you will learn how incorporating Buddhism will improve and help fulfill your life. This book will teach you about Buddhism and the steps to gaining peace, simplicity, calmness, and happiness. You will be able to achieve this by adopting Zen as a way of being, applying mindfulness and meditation, and truly learning to "live in the present". The goal is that this book will be a help and more importantly life changing! Here Is A Preview Of What You'll Learn Inside... - What is Buddhism - Brief History - Branches - The Lack of Creator - The Basic Concept - Life and the Material World - The Suffering (Causes and Solutions) - Reasons and Nature of Existence - Liberation - The Practice of Buddhism - Devotion - Ethics - Way of Life - Meditation - Then and Now - Buddhism in the Old Times - Buddhism in the New Times - Being Spiritual vs Being Religious - Being Spiritual - Being Religious - Is Buddhism a Religion? - The Bottom Line - Buddhism in Daily Life - Conclusion

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## Customer Reviews

This introductory Buddhism guide does a great job talking about all the positive aspects of this religion and gives you tools to better understand the deeper meaning. Really enjoyed the chapter on spiritualism vs religion. The author does a nice job explaining how the aspects of Buddhism can be incorporated into anyone's life. If you are interested in expanding your spiritual beliefs I recommend you read this guide. Nothing wrong with opening your mind. Nicely done!

I love it! I've always been interested in Buddhism, especially after a trip to Thailand. All the books I've seen before were very complex and required effort to read. But this book - a Godsend! It is full of interesting facts, some history, as well as tips if you want to make Buddhism a part of your life.

Poorly written and edited summary of the principles of Buddhism. Wikipedia alone far outshines this poor product. The book is actually only 15 pages or so long and should probably be either free or a dollar at most. There are great books on this subject available for much the same price. Try Jack Kornfield's *A Path With Heart*, or for a more in-your-face read try Daniel Ingram's *Mastering the Core Teachings of the Buddha*.

This book has a lot of good information in it, but there really isn't a clear section that explains the actual practice of Buddhism. It is great for understanding the concepts. Spelling could be improved.

Simple and amazing. This book is so easy to understand and gives you the basic knowledge to start incorporating Buddhism in your life. Totally recommended

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