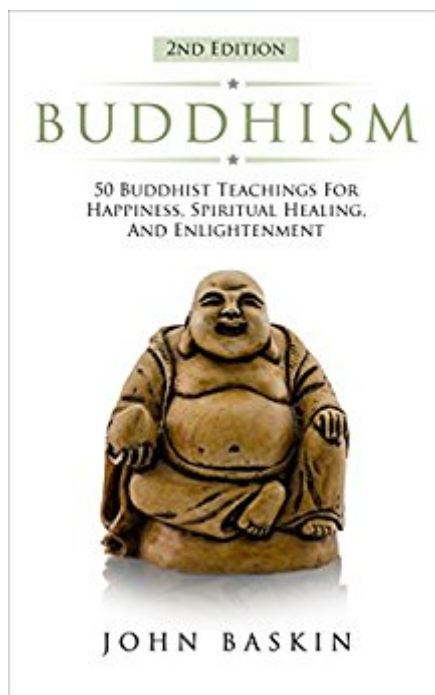


The book was found

BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma)



Synopsis

NEW & IMPROVED 2ND EDITION: Learn All The Fundamental Buddhist Teachings For Inner Peace... FREE BONUS SECTION: Tranquil Tips, Quotes, and Short Meditations with Zen Buddhism... Take advantage and get this book for free with KINDLE UNLIMITED! At first glance, Buddhism may be thought of as a far-fetched belief practiced by monks in robes, holding incense. It may be seen as a religion that seems unattached to the real world. It may even appear similar to a devotion that only highly spiritual people will be able to practice. DON'T STRAY FROM THIS MOMENT ANY LONGER. DOWNLOAD YOUR COPY NOW! This Book Will Shed Light On Many Questions Such As... "What Are The Basic Tenets Of Buddhism?" "What Are Known As The Noble Truths?" "What Would Sexual Misconduct Entail?" "What Are The 5 Spiritual Faculties?" "What Exactly Is Mindfulness?" "How Would You Describe A Modern Day Buddha?" "How Was Buddhism Developed?" "What Are The Challenges To Awakening?" Plenty More Inside! "Buddhism promotes nothing less than cultivation of the mind. It is not at all a religious obligation, but a life-long commitment to an ethical way of living" Scroll up and select the Buy now with 1-Click to grab a copy today

Book Information

File Size: 1376 KB

Print Length: 122 pages

Simultaneous Device Usage: Unlimited

Publication Date: May 30, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00YLF92SQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #83,309 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #17 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Dalai Lama #152 in Kindle Store > Kindle eBooks > Religion & Spirituality > New Age > New Thought #154 in Kindle Store > Kindle eBooks > Religion & Spirituality > Buddhism

Customer Reviews

Buddhism is one of the few religions that I do not consider harmful to humans. This religion does not give anyone back, yet is not as well known as many others. What I liked most about this book, jumps at a glance: The information is very accurate and complete that it is not difficult to understand its basics. Beyond that, there is not a book that tries to force you to join Buddhism, but encourages you to take the aspects that can improve your lifestyle and extract the most profit of it. From the teachings of Dukkha, to meditation techniques to achieve inner peace and Nirvana. This guide is exepcional and I enjoyed it. I recommend it.

I knew what Buddhism is by watching movies, but after reading this book it's the opposite of what I knew and saw. Buddhism after all is a religion based on spirituality and attaining mental peace. Buddhism as what the book says it is the training of the mind to identify the roots of suffering in order to attain the ultimate goal of true happiness. It takes a lot of practice but when both mind and body work together harmony or peace will attain. It's simple to read that even the beginners like me could easily understand. Thumbs up for you John!

I read this book with an open mind as with popular believe it is just seemed like a religion followed by monks in robes burning some incense. I was really amazed at the informative and very interesting writing style of John Baskin. How he completely explains what Buddhism really is and that Buddha is no god, just a normal person who has trained his mind to identify the root of problems and then eliminating them for the sole purpose of attaining the ultimate goal of true happiness. It should actually rather be seen as a way of living and not a religion as it promotes moral responsibility, tolerance and wisdom and compassion. I highly recommend this book to everyone as it will surely make you think about the important things in life and where you are headed. Excellent writing!

I can say this is not my first book about Buddhism, I read before about it. But in this book, I found more interesting things that I didnâ™t know. Also, I must that Buddhism is always an interesting theme for me. In this book, I find some solutions how to have happiness, peace, forgiveness and much more things that can make one person better. When you have that sort of thinks you are grateful and happy and see the world in a better way. However, the book shows concepts of Buddhism and much more things about this and people can have the right information about what Buddhism is and things like teaching about happiness, Zen Buddhism, Spiritual Guide, Stress Free

and much more. I can say only that I expected much more detail. But for everyone who is interested in this theme read this book and find out more.

New Age style of the book. Easy to read and understand. Presented in an organized and thoughtful manner that gives the reader an introduction to an interesting and wonderful topic. It helped me a lot to understand the origin and functioning of this lifestyle and I really enjoyed it. Another very good book by John Baskin. Particularly liked the Siddhartha quote, would be a good quote to read every morning for inspiration! I'd recommend to anyone interested in Buddhism. • Awake. Be the witness of your thoughts. You are what observes, not what you observe • - Siddhartha Gautama •

I am always curious about different religion and culture. I am a Christian by born but I do not follow any particular religion. Instead, I try to see the beauty in every religion. Buddhism has been the most attractive religion for me as it's only based on spirituality. I bought this book in an attempt to increase my knowledge on Buddhism. I was not expecting very much from this book but it came as a surprise to me. The fifty teachings of Buddha given in this book were really amazing. Now, after reading this book, I can confidently say that I have more than basic knowledge on Buddhism. I am really thankful to the author for that.

I got this book in a promotion with discounted price, there are very books that try to explain in a simple way Buddhism, but do not succeed because they tend to try to take many sources and paths of Buddhism, without reaching the required level of explanation, this book touches on many roads but giving the importance Buddhism and explaining that requires a simple but important points through the way we think, act and practice Buddhism, highly recommended if somewhat dense to those who know absolutely nothing of Buddhism

Particularly I had a misconception about Buddhism. Even when it is not the religion I follow, I could understand with this book that I don't need to be someone with a high spiritual level or dressing robe to follow this religion. Buddhists seek the release of their mind through different techniques applied as his theory of life using the Buddha's life experience just like a wise person and not like an idol. I got this book in a special promotion.

[Download to continue reading...](#)

BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment
(Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress

Free, Dharma) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Mindfulness, Zen, Inner Peace, Dalai Lama) BUDDHISM: for Beginners! From Dummies to Expert. Beginners Guide for Learning the Basics of Buddhism (Zen, Meditation, Dalai Lama, Yoga, Buddha, Dharma, Happiness) Buddhism: Buddhism for Beginners - The Ultimate Guide to Buddhist Teaching and Enlightenment (Zen Buddhism, Mindfulness, Guided Meditation, Exercises, Buddhism Psychology Books) Zen: Zen for Beginners: The Complete Guide to Achieving Presence and Inner Peace (Meditation, Buddhism, Zen Buddhism for Beginners, Happiness) Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques) Buddhism: Buddhism For Beginners: Your Guide to Incorporate Buddhism into Your Life (Buddhism Focus, Buddhism Teachings, Buddhism History, and Buddhism ... Life) BUDDHISM: Buddhism for Beginners: A Practical Guide to Spiritual Enlightenment (buddhism for beginners, zen, chakras, reiki, energy healing, spiritual awakening, mindfulness) Zen: Zen For Beginners - The Ultimate Guide To Incorporating Zen Into Your Life - A Zen Buddhism Approach To Happiness And Inner Peace Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism, Mindfulness, Meditation, Buddhism For Beginners) Meditation: Meditation for Beginners - How to Relieve Stress, Depression & Anxiety to Get Inner Peace and Happiness (Yoga, Mindfulness, Guided Meditation, Meditation Techniques, How to Meditate) Buddhism: Buddhism For Beginners, The Complete Guide Of Buddhism, Everything You Need To Know To Practice Buddhist Teachings In Your Everyday Life BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation, Mindfulness, Chakras) Buddhism: How To Practice Buddhism In Your Everyday Life (Buddhism for Beginners, Zen Meditation, Inner Peace, Four Noble Truths) Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Reiki: The Ultimate Guide to Mastering Reiki for Beginners in 30 minutes or Less! (Reiki - Reiki Healing - Reiki For Beginners - Yoga for Beginners - Meditation ... Beginners - Kundalini For Beginners - Zen) Mindfulness: Achieve Inner Peace And Harmony With Mindfulness And Meditation - Live Life Without Stress And Anxiety (Mindfulness, Meditation, Buddhism, Yoga, Enlightenment Book 1) The Star Spangled Buddhist: Zen, Tibetan, and Soka Gakkai Buddhism and the Quest for Enlightenment in America Meditation: Meditation for Beginners: Guide to Happiness, Peace, Tranquility, Stress Relief, Anger Management and Spiritual Growth (Spirituality Journey, Book 2) Zen and Zen Classics volume 1: From the Upanishads to

Huineng (Zen & Zen Classics)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)