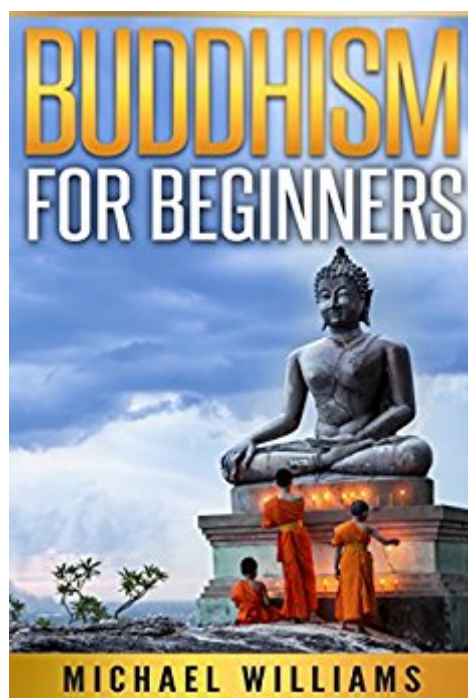


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BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation, Mindfulness, Chakras)



Synopsis

"Every morning we are born again. What we do today is what matters most."- Buddha Have you longed for a sense of peace in your life? Have you found yourself craving a kind of happiness you cannot define? Have you ever considered how Buddhism might enrich your life? Forget what you think you may know about this ancient and culturally significant religion, and open your mind to the limitless possibilities that Buddhism has in store for you. Over 2,500 years old and just as vibrant and powerful as ever, the teachings of the Buddha have transcended language, culture, and time – and remains one of the most influential forms of practice and higher thought on Earth. Learn how to ease suffering from your life and achieve ultimate happiness through the understanding and practice of Buddhist teachings. Buddhism for Beginners succeeds as a fine introduction to the Buddha's life, and how the practical application of his teachings can benefit all of us who seek a deeper connection to the world around us. Here's what to expect in the Beginners' guide: A comprehensive understanding of what Buddhism is and where it comes from Who Buddha was and how his teachings apply to the modern world Karma and why you've been looking at it the wrong way What mindfulness is and what it is not A guide to Vipassana and the art of accepting reality An introduction to meditation and its benefits A glimpse into the everyday life of monks And much, much more! Beautifully crafted and conveyed with all the gravity and loveliness its topic demands, this guide for beginners is a breath of fresh air. If you are ready to enrich your life and accept a higher way of thinking, look no further than this introductory guide to Buddhism and its benefits. Begin your journey with Buddhism for Beginners: How to Go From Beginner to Monk and Master Your Mind today. ==> Scroll up and click the 'Buy now with 1-Click' button to get your copy now!

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Customer Reviews

I really enjoyed this introduction to Buddhism, as lately I've become more interested in learning about religion. I particularly enjoyed the chapter about Karma, which I was shocked to learn is quite different from the interpretation that I've had of it all of these years. Overall I think the book is well-written, concise, informative and interesting/entertaining, which are all qualities that I look for in a non-fiction work, and I am inclined to see what other books the author may have as follow-up books in the near future.

Buddhism unfolded. This is an excellent informative guide book that is beautifully structured and successfully details the basics to Buddhism. It describes common misconceptions, what defines this path of life, details on how to attain enlightenment through the Universal Truths, the specific stages to enlightenment, what is karma, understanding rebirth, being a monk, a typical day in the life of a fully practicing Buddhist, modern Buddhism, meditation and the connection to Buddhism, and much more. This book definitely shines a light to the path to Buddhism and I highly recommend it to anyone who is interested in learning and pursuing this way of life. A great practical and straight to the point informative guide.

This book introduced me to the world of Buddhism. Everything about Buddhism can be learned here; from the basic teachings of Buddha to finding the Buddha within. After reading, I was amazed of how deep is the wisdom of Buddha. It's not just a religion but a philosophy as well. It's not simply a belief but becoming a Buddhist is to understand the world, to appreciate its beauty and comprehend its injustices. Putting Buddha's words and teachings by heart would surely lead someone to an enlightened path. At the end of the book, I was able to understand what Buddhism is truly all about, who Buddha really was and what his teachings

were. Every beginner would surely love this book.

I am always fascinated by the teachings of Buddhism but I never really read a book before about this topic. This book was very refreshing to me because it gives me enlightenment. Thank you! I needed this book since I am too attached lately to worldly things that I forgot to be present and mindful.

This is a great book to get start with a great basic understanding of Buddhism and Buddhist practice. I Will be suggesting this book for those who are interested.

Short and simple (as it should be) You could spend your entire life learning and reading about Buddhism or spend a wonderfully short time on this primer and begin practicing toward a life of enlightenment. Williams brings some historical perspective to the teachings but also gives practical and logical steps to begin, then maintain, a life of simple, rich mindfulness. Excellent value, I highly recommend it.

Small book easy read not much content very disappointed. Live and so back to meditation and my great life I enjoy

I am always interested in Buddhism because I am from Asia. Buddhism is a religion, and it's around 2500 years old. I like this book because not only it tells you that Buddhism is a religion but also a way of life. It also clears up some misconceptions people might have about Buddhism. This is the book is the really simple guide for people who want to learn about Buddhism.

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