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Buddhism: Beginners Guide to Buddhism - An Introduction to the Teachings and Practices of Buddhism

Seth Cohen

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Buddhism For Beginners

“Beginners Guide To Buddhism: An Introduction To The Teachings And Practices Of Buddhism” is the perfect all in one guide for anyone who wants to learn more about Buddhism.

Whether you are just interested in finding out what it is that has attracted millions of people to practice the faith and billions more to practice the philosophical teachings or you want to learn how to incorporate those teachings into your own life, this book is the perfect place to start!

More Than Just Mediation and Yoga

It is written in simple and easy to understand language so that you don’t feel lost with all the strange foreign terms or mystical concepts that are part of the religious teachings. You can gain a comprehensive knowledge of what these teachings really mean in plain language that doesn’t overcomplicate things.

From its beginnings, Buddhism was meant to be a religion that everyone could follow. In their native language, the scriptures are written in a manner that is easy to understand. It is only through their translation into English and other Western languages that they were made complex and difficult by translators who failed to see the real purpose of the scriptures.

Each chapter focuses on a specific aspect of Buddhism so that by the end you will have a strong foundation of knowledge about the religion from the history through to the actual health benefits which can be achieved by practicing these ancient techniques!

If you are hoping to live a more Zen life, manage stress and improve your quality of life, you are sure to love the teachings of Buddhism.

Benefits of Buddhism

Use this book to learn how you can decrease stress, lower your risk for heart problems and much, much more by making Buddhism part of your everyday life. With this book, you will have an amazing resource for getting started on your own Buddhist journey.

You will discover:

- the history of the Buddhist religion from its origins through to its spread to the West
- the life of Siddhartha Gautama (more popularly known as the Buddha) whose teachings form the foundation of the entire religion
- the core philosophies of Buddhism and how they can be applied to your own life
- the main techniques that Buddhists use in order to achieve inner peace and how to practice them yourself
- the proven physical and mental health benefits that you can gain from incorporating the wisdom and

techniques of Buddhism into your everyday routine
- where to turn if you want to learn more and dive deeper into the amazing teachings of Buddhism

So if you have always wanted to learn more about this ancient and wonderful religion but never really knew where to start, then this book is exactly what you need. It will give you all the basic information you need so that you can truly make Buddhism part of your life and figure out where to go next on the new and life-changing journey you are embarking on.

Would You Like To Know More?

Purchase today and start enjoying a Buddhist-inspired lifestyle.

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