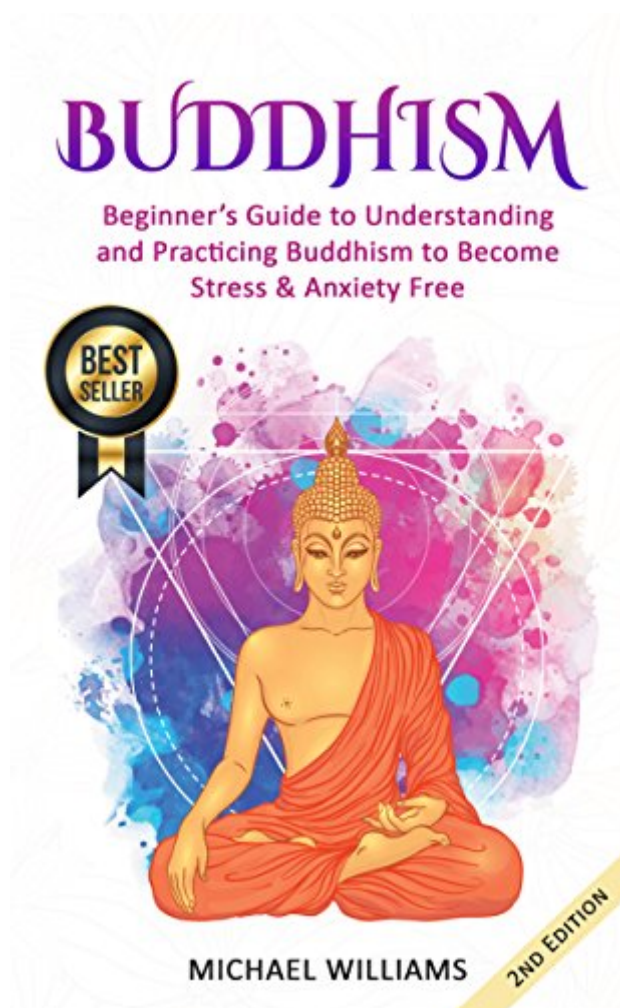


The book was found

Buddhism: Beginner's Guide To Understanding & Practicing Buddhism To Become Stress And Anxiety Free (Buddhism For Beginners, Buddha, Zen Buddhism, Meditation For Beginners)





Synopsis

Second Edition Now Available! "No matter how hard the past, you can always begin again." - Buddha

An ancient and deeply revered practice, Buddhism is even more popular now than it has been in decades. The secret behind its steady rise is due in part to the plethora of benefits Buddhism reaps upon those who practice it and apply its teachings to their lives. Through mindfulness and meditation, Buddhism injects peace and clarity into the minds and lives of those who dedicate themselves to it. Those wonderful benefits can be a part of your life as well through the careful study of its various tenets.

In Buddhism, this thoughtful and carefully detailed guidebook acts as a beginner's guide to those who may be interested in learning more about this ancient and wise practice. Placing emphasis on meditation, yoga, and understanding the core concepts of Buddhism allows the reader to apply its teachings to make their lives fuller and healthier.

If you are curious about Buddhism and want to find the answers you seek, then look no further than this qualitative guidebook. Full of information on the various aspects of Buddhism, meditation, yoga, and more, Buddhism stands apart as a concise and practical guide to infusing your life with its many teachings.

Here's what to expect in the Beginner's guide:

- What Buddhism is and what its teachings are
- The core concepts of Buddhism: karma, suffering, nirvana, and reincarnation
- The practice and benefits of yoga
- The four noble truths
- Practices, treasures, and poisons of Buddhism
- How to practice the five precepts of Buddhism
- How to practice mindfulness in order to reduce stress and anxiety
- And much, much more!

The choice is now yours. Open yourself to the benefits of a life free of stress and anxiety through the understanding and practice of Buddhism. A clear and peaceful mind awaits you along your spiritual journey through its tenets and teachings. Begin your journey towards a better life and grab your copy of *Buddhism: Beginner's Guide* today!

Book Information

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Customer Reviews

for 1st time readers about Buddhism and interested in learning how it can help with stress, this is an amazing tool

A bit confusing

good basics

Thin book. Not enough information

A good high level overview of Buddhism. It gave a intro to a lot of the concepts but other books will be needed to continue the path.

Great learning!!!

If you are even thinking about Buddhism then this is a wonderful starter book. Easy to read and understand.

Transforming it has helped me & now my wife in a pursuit of peace in a relaxed & understanding pace

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Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress

and Anxiety Free (Buddhism For Beginners, Buddha, Zen Buddhism, Meditation for Beginners) Zen: Beginner's Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism, Mindfulness, Meditation, Buddhism For Beginners) ZEN: Everything You Need to Know About Forming Zen Habits A Practical Guide to Find Inner Peace, Practice Mindfulness & Learn Zen Meditation (Zen Buddhism, Zen Mastery, Zen for Beginners) Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Zen: How to Practice Zen Everywhere in Your Daily Life (FREE Bonus Inside) (Zen Meditation, Zen for Beginners, Buddhism) Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) 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: Beginner's Guide to Understanding The Essence of True Enlightenment (Buddhism, Buddhism Beginners, Buddhist Books, Buddhism Books, Zen Buddhism Book 1) Zen: Zen For Beginners The Ultimate Guide To Incorporating Zen Into Your Life A Zen Buddhism Approach To Happiness And Inner Peace 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 Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Zen, Inner Peace, Dalai Lama Book 1) Mindfulness: A Step-By-Step Beginners Guide on Living Your Everyday Life with Peace and Happiness by Becoming Stress Free (Buddhism - Stop Your Worries, ... Your Stress and Anxiety with Meditation) Zen: The Beginners Guide on How to Practice Zen Everywhere by Incorporating Meditation Into Your Life (Buddhism - Improve Your Daily Life with Happiness and Inner Peace Using Meditation) BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation, Mindfulness, Chakras) Meditation Techniques: Complete Guide to Relieving Stress, Mindfulness, Happiness and Peace (Meditation Made Easy For Beginners, How To Reduce Stress, Anxiety, Restore Confidence and Inner Peace) Meditation for Beginners: Ultimate Guide to Relieve Stress, Depression and Anxiety (Meditation, Mindfulness, Stress Management, Inner Balance, Peace, Tranquility, Happiness)

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