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# 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

The Complete Introduction to Buddhism, Meditation Techniques, Acceptance, & Spiritual Practice



2ND EDITION

*Brit W. Anders*



## Synopsis

The Path to A Joyous Life Starts Here..â^...â†BONUS MATERIAL AVAILABLE INSIDEâ^...â†2ND EDITION: New & Improved Expanded Material (2016)Looking to Increase Your Quality of Life? Want to Gain Resilience to Life Circumstance? Want to Bring More Joy into the World? Interested In Buddhism? Want to Understand it In Simple Terms? Look no further, "Buddhism for Beginners", is Your Guide. The purpose of this guide is to inform you of exactly what you need to know to get started living a life of inner peace & happiness with Buddhism. Inside the book, I cover the life of Buddha. You'll find out what Buddha's exact teachings were; in this way you can understand the origin of Buddhism. You'll learn about the Eightfold Path. I'll take you through the various schools of Buddhism. I'll get you started with understanding meditation and the primary types of meditation. As a Buddhist myself; I provide you with a variety of reliable resources, and much more..."Pain is inevitable, Suffering is optional" - Haruki MurakamiLets get Started...Secure Your Copy Today..By Scrolling to The Top & Selecting Buy Now w/ 1 Click

## Book Information

File Size: 860 KB

Print Length: 72 pages

Publication Date: October 23, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B01742FHIQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #33,450 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4 inÂ Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Dalai Lama #18 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Hinduism > Chakras #42 inÂ Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Self-Help

## Customer Reviews

This book is a very helpful introduction to Buddhism especially for beginners like me. The author made sure to explain things clearly and continue to define words throughout the entire book, just to

help the reader stay on track. It provided a great overview of traditional Buddhist viewpoints and beliefs, and answered practically every initial question I had. It is easy to read and easy to understand, and helped clarify many points that often cause confusion. I would highly recommend this book to anyone who is interested in learning about Buddhism.

Lately, I have been joining bible study sessions and my beliefs are somehow questioned. Why do I stick to my religion when there are practices that are against what I believe? I also realized that religion is an integral part of anyone's life. Whether you believe with God or not, once you are born, you will be introduced to a world where you have to be part of a religious group who has a set of beliefs you have to take and practice all your life. Looking into the details of another religion like Buddhism is a good start to explore things that made me question what I've been believing ever since. This book allowed me to have a glimpse of the Buddhist practitioners, their way of life and their beliefs. I was particularly surprised that meditation is a huge part of the Buddhist practice, regardless of school. I learned from the book that for Buddhists, prayer is speaking to God while meditation is listening for the answers. I also appreciate Brit for having tackled about karma, rebirth, and refuge. I discovered that most of the Buddhists believe what science is just discovering: that energy cannot be created or destroyed. Overall, aside from formatting issues, this was indeed a good read. I've learned a lot about Buddhism, Brit. Thank you for that and I hope I can read more from you.

I loved this very inspirational book on Buddhism as it actually helps you understand the importance of life and teaches you not to waste time on petty things and instead improve the quality of life and be happy and successful. I was impressed, hence passed it on to my mother as well and she too seemed to like this book a lot.

Inside you'll begin to understand from start to finish, exactly what Buddhism is, and why. You'll learn the benefits of Buddhism, where it started, and why it is still around. This book is well written, informative and provides overview on what Buddhism all about. This can be very helpful for people like me who are not knowledgeable enough in the kind of teaching this religion offers. Though, I am not practicing Buddhism but some of my friends do practice this one, reading this give me the chance to better understand the belief of my friends. It encompasses variety of belief, practices and traditions.

Religion and politics for me is one of the tabooed topics that I don't want to talk about with someone because chance is, you will have an argument because everyone has his own beliefs and stand on these topics. Buddhism at first I thought is just another religion in which monks or priests or rabi teach about the divine being and so on, but with this book, I found out that it is more than that. It is more of a way of life, of how you handle you life, and be stress free and living a simple life.

People are so busy nowadays, they forgot to balance their lives and frequently what is most forgotten is their spiritual growth. Others say they don't have much time or they don't know how to do the meditation. But by purchasing this book, you can actually earn it easily and quickly. This not so complicated and it even includes the teachings of Dalai Lama and the positions in meditating. It not just help you grow spiritually but will also relax your mind.

Buddhism, meditation, Karma are all terms I have been hearing a lot, for a lot of time. I downloaded this book to learn more about this religion and all these concepts. Just as I thought, Buddhism is the religion not only of general peace but, most of all, of inner peace. This was a simple, seriously written book. Reading about the history and splits of the groups was interesting. It makes clear how and why Buddhism has evolved over the years to today's beautiful religion.

There is something very valuable in this book .Its a great work from the author .Buddhism is a good way of life , a peaceful life . I am very curious on such topics like different culture and like to know deeply in them .This book have everything about Buddhism . The author also share his experience on this book .In this book he present Basics and a small introduction into some of the practices : just what you really need to know about the tradition of Buddhism to gain some measure of understanding and its in this book . Very nice reading .

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