



Buddhism: A Beginners Guide Book for True Self Discovery and Living a Balanced and Peaceful Life: Learn to Live in the Now and Find Peace from Within (Paperback)

By Sam Siv

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. **Top Rated Over 500 5 star reviews in ** **Audio Book Version - New Audible Trials download for FREE!** Find out all about mysterious Buddhism, its origins, its secrets and its answers to the challenges of modern life. This book contains a basic overview of Buddhism, including the life of Buddha, and the various kinds of Buddhism that have developed. It takes a look at all the key concepts and most important teachings, methods and insights in a way that is easy to understand. Filled with a wealth of common-sense and other-worldly wisdom, the path to enlightenment is considered. Learn about meditation, mindfulness, happiness, Samadhi, Nirvana and all the other important concepts that have helped shape our understanding of reality. Find out about Zen Buddhism, and study all the basic elements that make the Buddha Dharma so compelling to people of all walks of life. What You ll Learn. Learn about Siddartha Guatama, who became the Buddha Find out about different Buddhist schools Understand Meditation, mindfulness and awareness Learn about relaxing and letting go, and its benefits Find out what Samadhi is all...

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