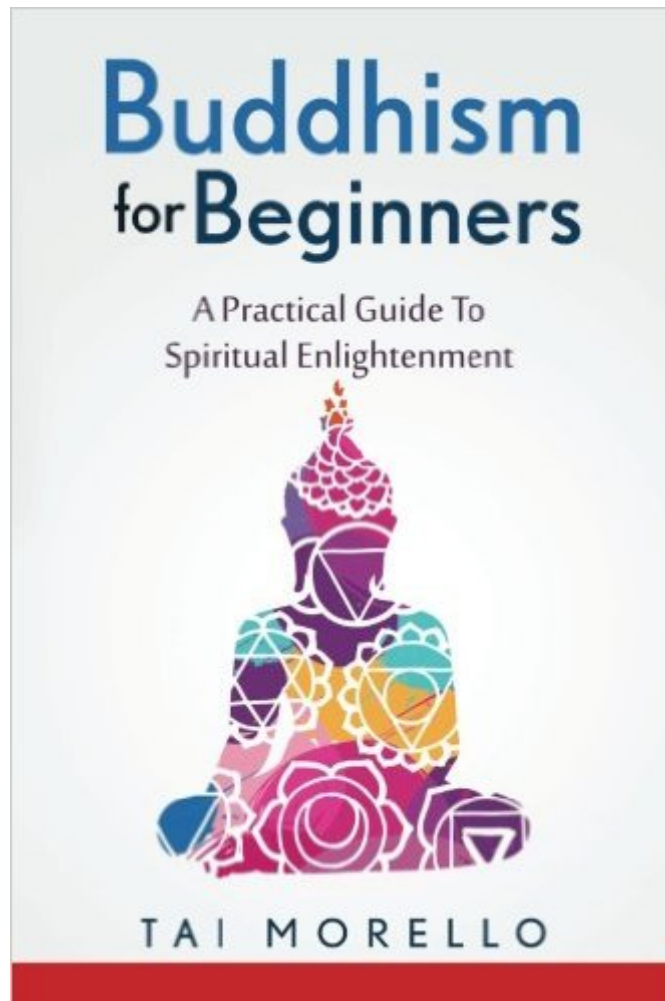


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# Buddhism For Beginners: A Practical Guide To Spiritual Enlightenment



## Synopsis

Discover why people like Russel Simmons Jr, Jennifer Aniston, Phil Jackson and Brad Pitt all incorporate the life-changing practice of Buddhism into their lives. Mindfulness meditation is everywhere these days, from the therapy couch to the Google campus, from prisons to athletic events. But what are the origins of this surge in mindfulness? What kind of worldview and lifestyle went along with these ancient techniques of meditative training? And, beyond the questionable metaphysics and well-worn pop-psychology bromides, what is meditation actually for? This book explores the Buddhist ideas behind the mindfulness techniques that have seen such a groundswell of popularity. It covers meditation not just as a body of techniques for relaxation and stress relief to accessorize our busy modern lives, but as part of a radical system of self-transformation that offers the possibility of profound liberation. In this book, the Buddhist system and the ideas behind it are presented, not as a religion that's asking for your allegiance, but as a body of theory and practice geared towards fostering an inner revolution. With Buddhism for beginners you will find out: The worldview underpinning Buddhist meditation techniques, and what those techniques were actually intended for. The principles that guide a life lived genuinely, gracefully, and compassionately. What meditation is all about in the context of the Buddhist path, and how to get into the practice of working with your mind. A surprising vision of the self, the mind, and the nature of human experience that can fundamentally alter the way you look at the world. Don't hesitate. To start on a journey that could deeply transform how you relate to your world, scroll up and grab your copy right now. Check out some of the testimonials below: "If I had the choice of being lectured about Buddhism or reading a book, I'd pick this specific book because it is so nicely written. It starts out pretty slow paced introducing a bunch of concepts related to Buddhism before moving towards meditation and the like. It sucked me in right away and I continued flipping page after page nonstop. Reading in a quiet room sure helped and I felt this great sense of calmness. It's pretty amazing!" "If you are beginning to practice Buddhism or are contemplating doing so, this book is a great place to start. It is the perfect book to give to friends or family members who are not familiar with Buddhism but want to understand your newfound spirituality. This book was extremely easy for me to understand and I fully as though the concepts presented were something that I could begin to apply now and by my own unaided strength. I would recommend this book to anyone else who is curious about Buddhism regardless of whether or not you intend on making Buddhism part of your life." ---> SCROLL UP AND CLICK THE ORANGE BUTTON NOW! >

## Book Information

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## Customer Reviews

This is a very good guide. Perfect for beginners who have little to none idea about Buddhism. 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. This book explains quickly but deeply the basics of Buddhism and the reasons for suffering in our life and introduces the practices one can use to reduce that suffering. It's got lots of information that will teach you everything you've been so curious about. From it's world views and how it can impact society, to it's more personal impact on your daily life. Overall, this book is very informative book about buddhism. Highly recommended.

Much has been said about Buddhism, after reading this eBook, the one thing that moved me the most is when it was explained that the eBook wasn't written to convert or entice anyone to leave their religion for Buddhism, while reminding the reader that this eBook was written so everyone can learn from it. This eBook is best suited for those who seek answers in their young adult life, where they think more openly and critically and consciously on matters that deal with their spirituality. Rating this wBook with 5 stars for it's timely reminder that Buddhism is not only a religion but a way of life life as well.

The introduction to Buddhism in this book is plain and simple and it covers the full essence of the topic as well as a wide array of knowledge. There are many benefits known up to date with such practice. Within this book allows us to think about chosing the right option and making the right

decisions in life. The meditation in chapter three is well explained and allows proper absorption of the topic material.

Been meditating for only 6 months and always continue exploring writings and teachings of Buddha. This walk through the seeming dense path to deep meditation was both illuminating and perceptive. Illuminating because it has not before been presented in this manner and perceptive, at least for me, because the writer's style encouraged me to look again within as if spoken by a true friend.

I'd recommend this book not just for people interested in Buddhism, but really for everyone. A lot of what is mentioned is really common sense: be compassionate, tolerant, truly enjoy things, ask questions, which, in this day and age, we sometimes tend to forget. Consider this a 'refresher course in life. Great read to those who are interested to learn about Buddhism.

After reading this great book you will understand the beauty and how important is to live a lifestyle with ethical practitioner path living without violence actions, looking forward the author describe how to conduct your spiritual path with life experience to relaxation atmosphere and integrate to your mind that buddhism will transform the way you experience and respond to many difficult situations you confront your life.

I like how this book explores the Buddhist ideas behind the mindfulness techniques that have seen such a groundswell of popularity today and made a huge difference to most of the people who know it and believes in it. It also covers meditation not just as a body of techniques for relaxation and stress relief to accessorize our busy modern lives which been a part of all what we are today, but as radical system of self-transformation that offers the possibility of profound liberation ofcourse. This really helps me to deeply understand what it is and do it more properly as beginner.

Buddhism is one of the most influential religion of the world. There are some principles of self enlightenment. In this book you will get those tips to begin the journey to the path of eternity. It is the guide for the beginners of enlightenment. There are many essential techniques are given in this book. I think you will be benefited from this book.

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