

BUDDHISM: This Is Buddhism...From Beginner to Expert Learn Everything about True Enlightenment (Buddhism for Beginners, Zen, Meditation, Buddhist Teachings)

Kiera Goodwin



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BUDDHISM: This Is Buddhism - Understanding The Essence of Buddhism and How It Makes One's Life Better....Plus FREE BONUS MEDITATION GIFT!!!

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There's a great deal of misinterpretation when it comes to understanding Buddhism, mainly in Western countries. This book gives you a brief introduction to what it is and what is not, how one can become a Buddhist, and the proper way to practice Buddhism. Buddhism is known in both its traditional and modern, with the use to modern lifestyles.

This book will also discuss the way Buddhists see the world, the important teachings of the Buddha, the Buddhist vision of the self, the connection between this self and the different ways wherein it deals with the world, the path, and the final goal.

This also covers the beliefs of Buddhists, what does it teach about karma, God, life after death, and a lot of

important things that explain how Buddhism makes one life better.

Hopefully, this book helps you to understand the real essence of Buddhism.

Here Is A Insight of What's in this Book...

- Introduction to Buddhism
- Beliefs of Buddhism
- The Teachings
- Guidelines for Buddhist Practice
- How Buddhism will Enlighten Your Self
- How Buddhism Relates With Meditation
- Common Misconceptions about Buddhism
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