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

BUDDHISM

Beginner's Guide to Understanding & Practicing Buddhism to Become Anxiety & Stress Free



MICHAEL WILLIAMS



Synopsis

"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!

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Customer Reviews

Michael Williams did an incredible job writing this enlightening guidebook about Buddhism. The author explains thoroughly the principles of Buddhism, the Buddha and the primary lessons that are The Four Noble Truths, The Noble Eightfold Truths, The Chain of Causation, The Three Marks of Existence and The Three Fires. In the book you will also find valuable information about the different schools of Buddhism and how to practice them, about Karma, Suffering, Nirvana and Reincarnation. I certainly recommend this guidebook to anyone who would like to expand their knowledge about Buddhism.

This is very good book study about the Buddhism. This is very helpful guide book. If you are curious about Buddhism and want to find the answers you seek, then look no further than this qualitative guidebook. Through mindfulness and meditation, Buddhism injects peace and clarity into the minds and lives of those who dedicate themselves to it. The author has well defined these Buddhism practices that helps in living a happiest life without stress and anxiety through meditation exercises. Good book story for everyone.

After getting the Chakra by Michael Williams, I decided to get this Buddhism book by the same author. Michael Williams already impressed me the the former book and upon finishing this book, i have never been more enlightened. I didn't know that it is there would be an effective and easy way to get rid of anxieties and stress. The book has been truly helpful, by just reading it, i can feel my mind has been clear. So how much more if I apply the tips here? I would definitely recommend this to my friends!

I got this book with the purpose to get rid of anxiety and stress forever. I got familiar with buddism teachings and got some information as for practice and benefits of yoga. I was interested in this

issue as well. This guide also taught me about practices and positions of Buddhism. what was very important. And the most important thing for me was the information on mindfulness and how to practice it to reduce stress and anxiety. I highly recommended this book to you.

Perfect for beginners who have little to none idea about Buddhism. This book is well written, informative and provides an overview on what Buddhism all about. This book contains essential and proven tips of the basic principles and tenets of Buddhism, Buddhist teachings and Buddhist rituals, along with how you can incorporate Buddhism into your daily life. In this book the information is organized in a logical way that's easy to access, read and understand.

Buddhism is one of the ancient techniques to clean the body and soul through meditation and other useful techniques. Though the origin came from India but still it is been practiced by many people in many countries for peace , mindfulness and other benefit. This Book has all the techniques that would require for an absolute beginners to practice and perform the Buddhism . I would highly recommend this book for people who are looking for meditation.

This book helps me understand one of the most famous religions in the world which is BUDDHISM. When I was a child, I have heard many things about Buddhism. I heard it at school in one of my subjects before and I heard it also in one of my thai friends, I was already aware of it but through this book I learned and understand the concept of this very famous religion. The Buddha or the "enlightened one" is the one they worship. I also came to know the roles of the monks why do they have that kind of attire and so on. A very nice book to read on.

This book contains essential and proven tips of the basic principles and tenets of Buddhism, Buddhist teachings and Buddhist rituals, along with how you can incorporate Buddhism into your daily life. In this book the information is organized in a logical way that's easy to access, read and understand. . 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. And as i learned Buddhism deeper, i would love to apply it to my daily living!

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