



**Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Mindfulness, Zen, Inner Peace, Dalai Lama)**

*Brit W. Anders*

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**The Path to A Joyous Life Starts Here..**

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*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 Murakami

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