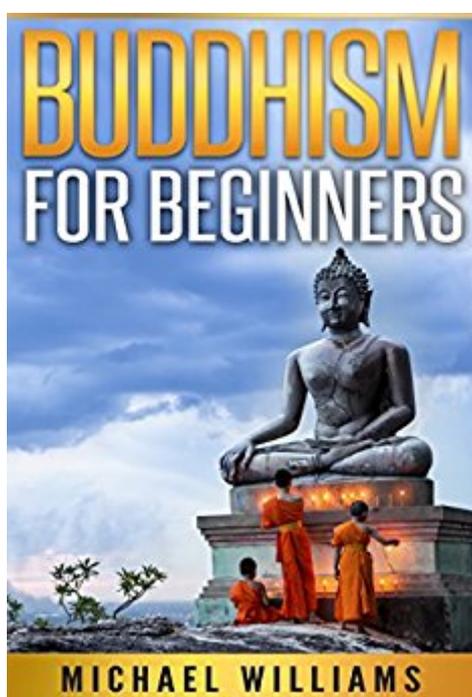


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# **BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation, Mindfulness, Chakras)**



## Synopsis

"Every morning we are born again. What we do today is what matters most."- Buddha  
Have you longed for a sense of peace in your life? Have you found yourself craving a kind of happiness you cannot define? Have you ever considered how Buddhism might enrich your life? Forget what you think you may know about this ancient and culturally significant religion, and open your mind to the limitless possibilities that Buddhism has in store for you. Over 2,500 years old and just as vibrant and powerful as ever, the teachings of the Buddha have transcended language, culture, and time—and remains one of the most influential forms of practice and higher thought on Earth. Learn how to ease suffering from your life and achieve ultimate happiness through the understanding and practice of Buddhist teachings. Buddhism for Beginners succeeds as a fine introduction to the Buddha's life, and how the practical application of his teachings can benefit all of us who seek a deeper connection to the world around us. Here's what to expect in the Beginners' guide: A comprehensive understanding of what Buddhism is and where it comes from Who Buddha was and how his teachings apply to the modern world Karma and why you've been looking at it the wrong way What mindfulness is and what it is not A guide to Vipassana and the art of accepting reality An introduction to meditation and its benefits A glimpse into the everyday life of monks And much, much more! Beautifully crafted and conveyed with all the gravity and loveliness its topic demands, this guide for beginners is a breath of fresh air. If you are ready to enrich your life and accept a higher way of thinking, look no further than this introductory guide to Buddhism and its benefits. Begin your journey with Buddhism for Beginners: How to Go From Beginner to Monk and Master Your Mind today. ==> Scroll up and click the 'Buy now with 1-Click' button to get your copy now!

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## Customer Reviews

The Buddha taught that the way to free the mind from suffering is through gaining insight into what truly is. One of the tools the Buddha taught for gaining insight is mindfulness, the ability to be fully aware in each moment. You can develop mindfulness through the practice of vipassana meditation. Mindfulness meditation begins with learning to concentrate your attention on an object, typically the breath, which enables you to notice how your mind is reacting to what it is experiencing. I think that this book relates to a lot of people of many different faiths, and I think many seeking happiness, love, and a deeper understanding of the fundamentals about Buddhism will love this book.

An excellent text for the beginning Buddhist, or anyone who is interesting in learning more about Buddhism. This isn't my first experience with Buddhism, and in fact I've met people who study various forms of Buddhism including monks in Cambodia. The teachings contained in this book can have a huge effect on your life even if you aren't a believer and only want to better yourself. The teachings of Buddha can help reshape how you think and feel, and it can help you gain control over your actions and responses so that you can become a better person. This book shows a lot of parts of those teachings and then details them out for the reader in a simple and easy to understand way. I love the descriptions as well as the discussions, because it helped me to see things in a better light and put a label on different pieces of the human experience. This is an excellent and short book that will help people decide if they want to pursue the topic even farther and learn more about Buddhism. The author does a great job of explaining things in a simple fashion and relating it all back to normal life. Worth checking out!

I came to know what Buddhism is all about through this book and I learned to appreciate this spiritual journey. Everything you read in this book gives light to your path towards Buddhism. I am very interested to learn more about this belief, the concepts of reincarnation and karma and this book did not disappoint me. It gives detailed information about those topics. Applying the teachings

of Buddha in your daily life is I guess the most effective way to have a peaceful mind and heart.

Buddhism is one of the most influential religions in the world. What fascinates me is how this religion has affected the way of lives of people not only as a religion but as part of their daily living. This book is awesome, it has truthful points on how to improve our way of living. Happiness is always a choice, so we need to decide based on both logic and norms. I recommend this book for those who seek self-contentment and peace.

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.

Buddhism unfolded. This is an excellent informative guide book that is beautifully structured and successfully details the basics to Buddhism. It describes common misconceptions, what defines this path of life, details on how to attain enlightenment through the Universal Truths, the specific stages to enlightenment, what is karma, understanding rebirth, being a monk, a typical day in the life of a fully practicing Buddhist, modern Buddhism, meditation and the connection to Buddhism, and much more. This book definitely shines a light to the path to Buddhism and I highly recommend it to anyone who is interested in learning and pursuing this way of life. A great practical and straight to the point informative guide.

This book introduced me to the world of Buddhism. Everything about Buddhism can be learned here; from the basic teachings of Buddha to finding the Buddha within. After reading, I was amazed of how deep is the wisdom of Buddha. It's not just a religion but a philosophy as well. It's not simply a belief but becoming a Buddhist is to understand the world, to appreciate its beauty and comprehend its injustices. Putting Buddha's words and teachings by heart would surely lead someone to an enlightened path. At the end of the book, I was able to understand what Buddhism is truly all about, who Buddha really was and what his teachings were. Every beginner would surely love this book.

I really enjoyed this introduction to Buddhism, as lately I've become more interested in learning

about religion. I particularly enjoyed the chapter about Karma, which I was shocked to learn is quite different from the interpretation that I've had of it all of these years. Overall I think the book is well-written, concise, informative and interesting/entertaining, which are all qualities that I look for in a non-fiction work, and I am inclined to see what other books the author may have as follow-up books in the near future.

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