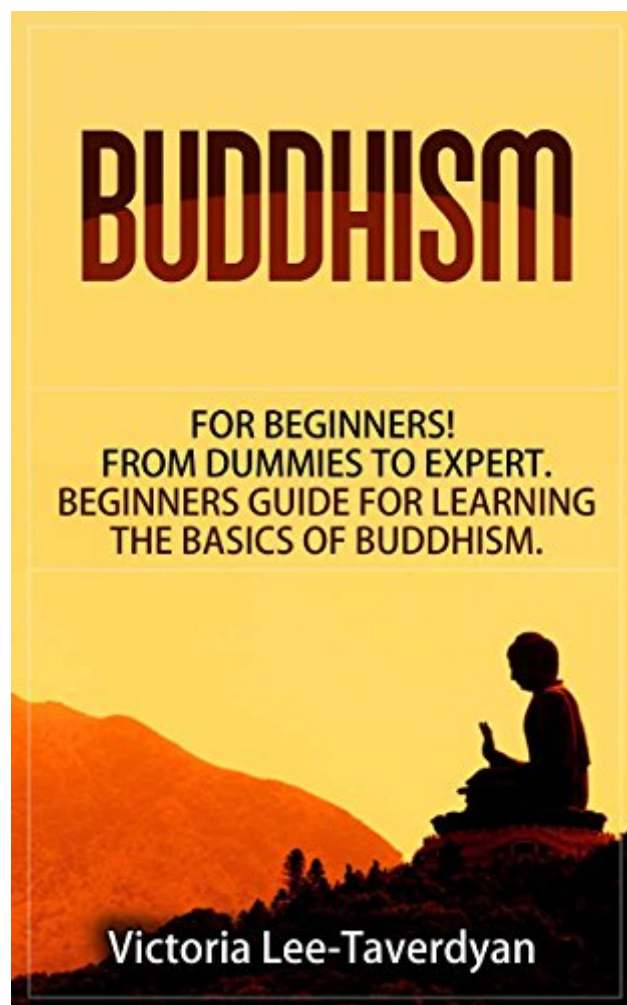


The book was found

BUDDHISM: For Beginners! From Dummies To Expert. Beginners Guide For Learning The Basics Of Buddhism (Zen, Meditation, Dalai Lama, Yoga, Buddha, Dharma, Happiness)





Synopsis

Discover Buddhism. Even though Buddhism is commonly listed among the world's most widespread religions, there are many who would say that Buddhism is not a religion at all but in fact a spiritual journey. Originally founded in India in the 6th Century BC by Siddhartha Gautama (the first Enlightened One) Buddhism strives to help people bring an end to their suffering by renouncing desire, craving, and ignorance in their lives by knowing and following the Four Noble Truths. There are two major branches of Buddhism: Theravada and Mahayana. Theravada Buddhism is most common throughout Southeastern Asia and Sri Lanka. Mahayana Buddhism is more common in eastern Asia. Currently, there are an estimated five hundred million (or more) people who follow Buddhism, which translates to at least five percent of the world's population, and would make it the fourth largest religion following Christianity, Islam, and Hinduism. The bulk of this e-book is going to focus on Theravada Buddhism. In Theravada Buddhism, the goal is to attain the state of Nirvana by escaping the suffering and re-birth cycle. One can escape this cycle and thus attain Nirvana by practicing the Middle Way, which is also known as the Noble Eightfold Path. In this little e-book, we are going to learn about the life of the Buddha and how he became the enlightened one, how Buddhists perceive life, the suffering and re-birth cycle, the solutions for how one can escape their suffering, common practices that Buddhists follow, and then important Buddhist texts to read. The goal of this e-book is to give you a brief yet well-rounded introduction to the religion of Buddhism. By the end of this e-book, you will have a much better understanding of Buddhism as a whole and hopefully will be encouraged to learn more.

Here Is A Preview Of What You'll Learn...

Introduction
Chapter 1 - Buddha
Chapter 2 - Important Concepts of Buddhism
Chapter 3 - The Solution to Suffering
Chapter 4 - Practices
Chapter 5 - Texts
Conclusion

Download your copy today!

© 2016 All Rights Reserved | Tags: BUDDHISM for Beginners, BUDDHISM for Dummies, Zen, Meditation, Dalai Lama, Yoga, Buddha

Book Information

File Size: 149 KB

Print Length: 20 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 8, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01BLJGVKG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #206,224 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #43

in [Kindle Store > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Dalai Lama](#) #67

in [Kindle Store > Kindle Short Reads > 30 minutes \(12-21 pages\) > Religion & Spirituality](#) #85

in [Kindle Store > Kindle eBooks > Religion & Spirituality > Buddhism > Tibetan](#)

Customer Reviews

This is a very good short primer on the basics of Buddhism. You can easily read this in less than 30 minutes and provides a clear outline of the basics of the Buddhist path and philosophy. I gave this book a four star rating only because in some places so brief that it misses important points. I highly recommend this book as a part of anyone's exploration of Buddhism.

This book was a good introduction to the tenets of Buddhism. I enjoyed this book. I would recommend it to anyone.

I knew little about Buddhism so I read this book in hope that it would give me an understanding on the basic tenants of the religion. It was just what I was looking for.

This book, just 20 pages long, gave a wonderful overview of Buddhism and how its founder, Siddhartha Gautama, came to found the religion.

More like a pamphlet. Very basic. Could find all info online for free.

good read

Only knowing western ideas of Buddhism, this gave me a very concise view of the subject. More than enough information to go forward.

This book was insightful and definitely a beginners journey into wanting to learn more about Buddhism. Enjoyable read and I definitely recommend

[Download to continue reading...](#)

BUDDHISM: for Beginners! From Dummies to Expert. Beginners Guide for Learning the Basics of Buddhism (Zen, Meditation, Dalai Lama, Yoga, Buddha, Dharma, Happiness) BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma) Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books) Zen: Beginner's Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Zen, Inner Peace, Dalai Lama Book 1) ZEN: Everything You Need to Know About Forming Zen Habits & A Practical Guide to Find Inner Peace, Practice Mindfulness & Learn Zen Meditation (Zen Buddhism, Zen Mastery, Zen for Beginners) Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism For Beginners, Buddha, Zen Buddhism, Meditation for Beginners) Buddhist Quotes: Meditation, Happiness, Inner Peace.: Spirituality and Buddhism: Bouddha, Zen, Thich Nhat Hanh, Dalai Lama -Lama's (Buddhism, Bouddha, Buddhist ... & Spirituality, Dalai Lama, Zen. Book 1) Zen: Zen For Beginners & The Ultimate Guide To Incorporating Zen Into Your Life & A Zen Buddhism Approach To Happiness And Inner Peace Zen: How to Practice Zen Everywhere in Your Daily Life (FREE Bonus Inside) (Zen Meditation, Zen for Beginners, Buddhism) Zen: The Beginners Guide on How to Practice Zen Everywhere by Incorporating Meditation Into Your Life (Buddhism - Improve Your Daily Life with Happiness and Inner Peace Using Meditation) Buddhism: Beginner's Guide to Understanding The Essence of True Enlightenment (Buddhism, Buddhism Beginners, Buddhist Books, Buddhism Books, Zen Buddhism Book 1) The Dalai Lama: Foreword by His Holiness The Dalai Lama The Dalai Lama : The Best Teachings of The Dalai Lama, Journey to a Happy, Fulfilling and Meaningful Life ! Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation,

Mindfulness, Chakras) Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism, Mindfulness, Meditation, Buddhism For Beginners) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Zen Flesh Zen Bones: A Collection of Zen and Pre-Zen Writings

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)