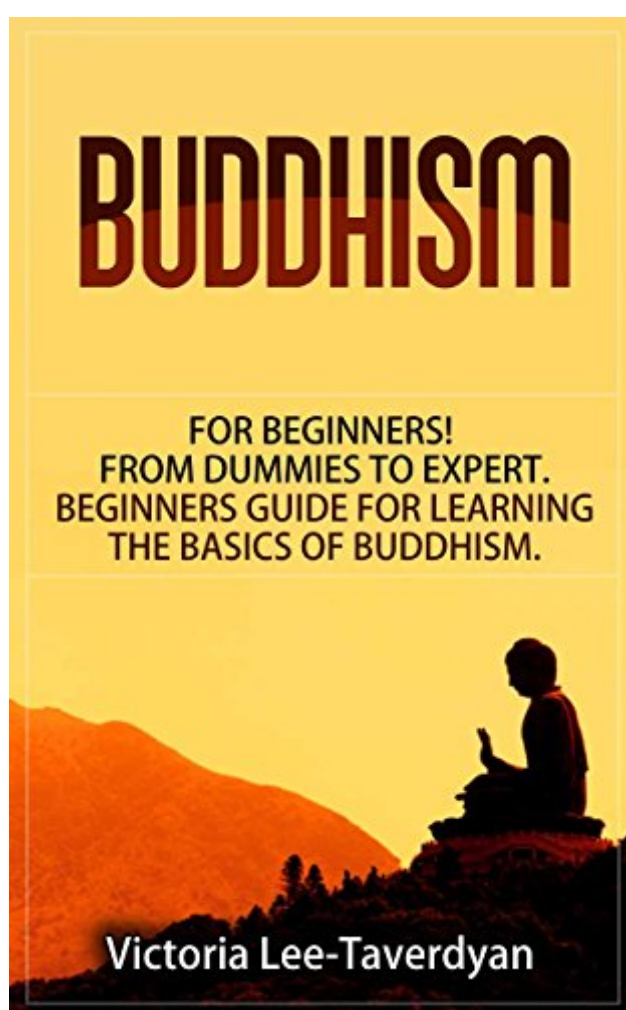


The book was found

# **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 it. Today only, get this Kindle book for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. 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: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #323,571 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #66

inÂ Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Dalai Lama #216

inÂ Kindle Store > Kindle Short Reads > 30 minutes (12-21 pages) > Religion & Spirituality #216

inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Buddhism > Tibetan

## Customer Reviews

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

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

[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) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Mindfulness, Zen, Inner Peace, Dalai Lama) Zen: Zen for Beginners: The Complete Guide to Achieving Presence and Inner Peace (Meditation, Buddhism, Zen Buddhism for Beginners, Happiness) Buddhism: Buddhism For

Beginners: Your Guide to Incorporate Buddhism into Your Life (Buddhism Focus, Buddhism Teachings, Buddhism History, and Buddhism ... Life) Zen: Zen For Beginners - The Ultimate Guide To Incorporating Zen Into Your Life - A Zen Buddhism Approach To Happiness And Inner Peace Buddhism: Buddhism for Beginners - The Ultimate Guide to Buddhist Teaching and Enlightenment (Zen Buddhism, Mindfulness, Guided Meditation, Exercises, Buddhism Psychology Books) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation, Mindfulness, Chakras) Meditation: Meditation for Beginners - How to Relieve Stress, Depression & Anxiety to Get Inner Peace and Happiness (Yoga, Mindfulness, Guided Meditation, Meditation Techniques, How to Meditate) Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism, Mindfulness, Meditation, Buddhism For Beginners) Buddhism: How To Practice Buddhism In Your Everyday Life (Buddhism for Beginners, Zen Meditation, Inner Peace, Four Noble Truths) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Zen:How to Live a Zen Lifestyle in a Modern Society (Zen, Buddhism, Mindfulness, Yoga) BUDDHISM: Buddhism for Beginners: A Practical Guide to Spiritual Enlightenment (buddhism for beginners, zen, chakras, reiki, energy healing, spiritual awakening, mindfulness) Buddha's Belly : Recipes For An Enlightened Mind: Mindful and Healthy Eating Based on Buddha's Diet Philosophy. Asian Vegetarian Cookbook Meals to Connect ... Your Inner Soul (Buddha's Belly Series 1) Reiki: The Ultimate Guide to Mastering Reiki for Beginners in 30 minutes or Less! (Reiki - Reiki Healing - Reiki For Beginners - Yoga for Beginners - Meditation ... Beginners - Kundalini For Beginners - Zen)

[Dmca](#)