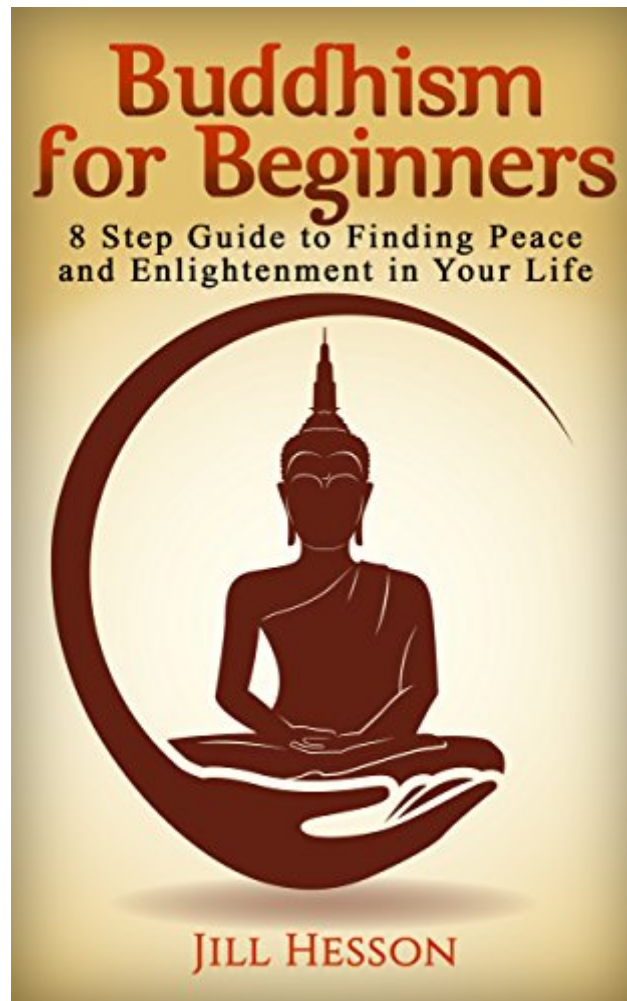


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# Buddhism For Beginners: 8 Step Guide To Finding Peace And Enlightenment In Your Life



## Synopsis

LIMITED-TIME BONUS INCLUDED: FREE Beginner's Guide to MeditationA Buddhism Beginner's 8 Step Guide to Finding Peace and Enlightenment in Your LifeFor a limited time only, get this bestseller for just \$0.99. Regularly priced at \$2.99.Read on your PC, Mac, smart phone, tablet or Kindle device.When you attempt to introduce people to Buddhism, they have this very strange notion that they have to learn a new religion. That makes it complex for people who don't really understand what Buddhism is. Buddhism is a philosophy rather than a religion. That means that regardless of the religion you choose or the God that you worship, Buddhism can be incorporated into the way that you live your life without actually treading on the toes of religion. It's a way of life. It doesn't depend upon any kind of belief system, so even if you are heavily entrenched in your beliefs, you can still embrace Buddhism.Since the basis of Buddhism comes in the Eight Fold Path, it seemed right that I should introduce Buddhism to beginners in 8 steps. I do not purport to be right in this assumption, though I do know that what I have written is written from personal experience and knowledge of what Buddhism is all about and how much it can improve the way in which you live your life. You may not know much about the history of Buddhism but it is very relevant to what you get out of Buddhism and in the first chapter, I have explained a little about where Buddhism comes from and how the Eight Fold Path was devised. This is important to your learning of Buddhism, which will indeed enrich your life with happiness. If that is what you are searching for, then look no further. The happiness level at which you are able to live your life does not depend upon status. It does not depend upon having a certain level of income. The pauper is as rich in happiness as the richest man on Earth if he understands and embraces Buddhist philosophy. Here Is A Preview Of What You Can Learn From This BookThe Roots of BuddhismLearning to be HumbleMindfulnessLearning Relaxation and Breathing TechniquesRespecting your PostureAnd Much MoreDownload your copy today!What are you waiting for? Download this book for a limited time discount of only \$0.99!Tags: Buddhism, Buddhism Books, Buddhism For Beginners, Buddhism History, Zen Buddhism, Buddhism In Everyday Life, Chakras, Mindfulness, Yoga, Reiki, Meditation, Spirituality, Holism, Healing Energy, Zen, Awakening, Spiritual

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## Customer Reviews

I was requested by the author to give my unbiased opinion on this book 'Buddhism for Beginners: 8 Step Guide to Finding Peace and Enlightenment in Your Life'. Prior to reading this book, I have no understanding of Buddhism and always thought it has to be studied by Buddhists. Now I realized that Buddhism actually consists of Mindfulness, Meditations, Compassion etc. These are things that are so easy to be done in everyday life yet I never knew before reading this book. Good read for me to understand more about Buddhism and its way of life.

The author asked me to give an honest and unbiased view on her book 'Buddhism for Beginners: 8 Step Guide to Finding Peace and Enlightenment in Your Life'. This is a very useful book for Buddhism Beginners because I myself am not a Buddhist, yet this book is simple to understand and does not focus too much on Buddhism. Instead, this book teaches us to incorporate Buddha's way of life into our everyday life. I like that there are 8 steps in this book for me to follow, making it easy for me to implement the teachings as I read.

Buddhism for Beginners is another well written book by Jill Hesson. Although I have no knowledge of Buddhism, I find myself reading through it quickly in 2 days and now reading it again slowly to fully grasp the 8 step guide to Buddhism that the author is trying to teach. The author is right to point

out at the beginning that a lot of people thought that Buddhism is a religion, instead it is a philosophy and it should be a way of life. I got this book free in exchange for my honest opinion. Buddhism for Beginners: 8 Step Guide to Finding Peace and Enlightenment in Your Life

this is a great book, it reaches far deeper inside than I would have thought, it really is a book on finding one's own inner peace without any limits to who you are as a person or what kind of backgrounds you may have, I would highly recommend this book to anyone going through struggles or changes in their lives, truly this is a self-help book, great read

This was a great book about Buddhism. It included the history of Buddhism the Eight Fold Path which was very interesting. This book was also great because it presented Buddhism as something everyone can incorporate into their daily lives especially with its practices. It's definitely a philosophy and a way of life that could lead to a life filled with happiness. This was a great read.

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