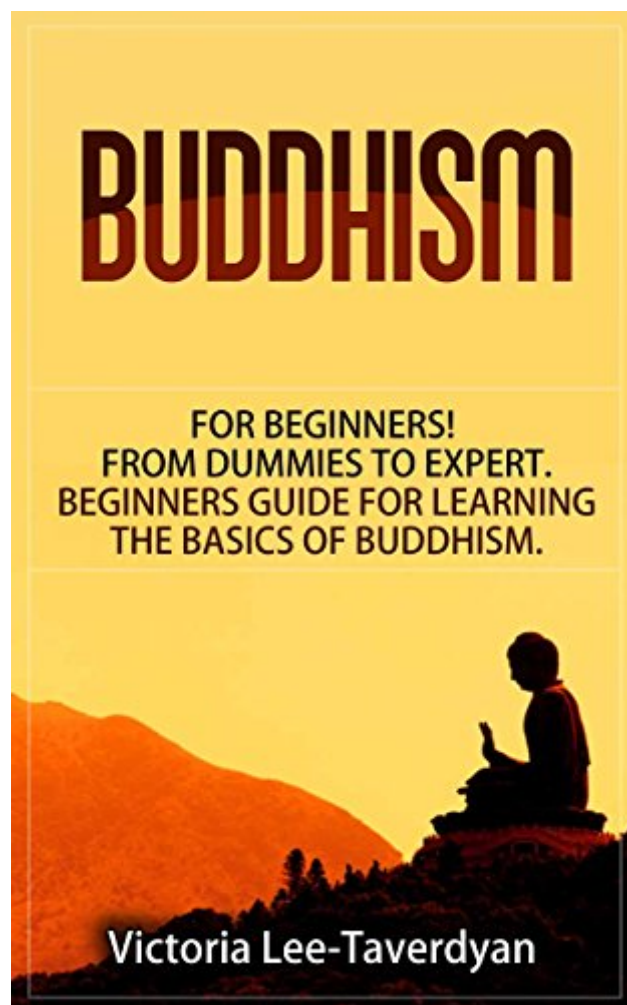




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# **BUDDHISM: For Beginners! From Dummies To Expert. Beginners Guide For Learning The Basics Of Buddhism (Zen, Meditation, Dalai Lama, Yoga, Buddha, Dharma, Happiness)**





## 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

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## 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

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