



Buddhism for Beginners: A Practical Guide to Embrace Buddhism Into Your Life

Alexander Yamashita

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Open Now Your Doors to Buddhism and Embrace It Into Your Daily Life!

Buddhism is still a mystery to most of us. Most of us know only this religion found in Asia that professes a form of Buddhist doctrine based on the life and teachings of the venerate Buddha. Yet, when we step through this faith we will learn that it is based on the permeation of suffering and pain. We learn that desire causes suffering and the only path to enlightenment is through wisdom and meditation. The Buddhist faith is a never ending quest to attain enlightenment and this book is the first step in attaining it.

Here's a Sneak Peak of What You Will Learn After Downloading Buddhism For Beginners

Much, much more!

Take Action Right Away and Embrace Buddhism into Your Life

Tags: Buddhism, Buddha, Eightfold Path, Noble Truths, Enlightenment, Meditation, Mindfulness, Postures, Practice, Prayer, Religion, Happiness, Stress, Relaxation, Awaken, Karma, Rebirth, Life after Death, Suffering, Freedom, Beginners

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