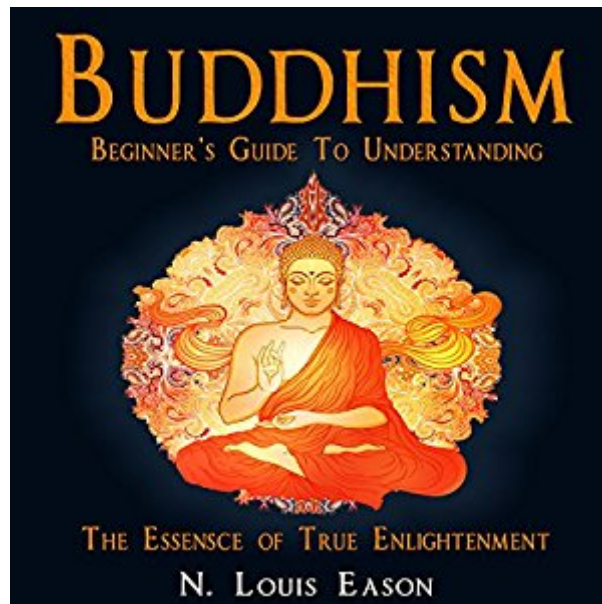


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# Buddhism: Beginner's Guide To Understanding The Essence Of True Enlightenment



## Synopsis

This book is a guide to help you understand Buddhism, how to practice Buddhism, and how to work your way toward true enlightenment. Buddhism is often considered a religion by new practitioners. For many Buddhists it is more of a way of life than a religion. Buddhists believe meditation and other practices will lead to changes in oneself. These changes are aimed at creating awareness, wisdom, and kindness within in order to reach spiritual enlightenment. Buddhism represents the end of suffering for anyone able to attain enlightenment, because the person no longer dwells on what they lack but learns to live with the reality of what is, without needs, wants, or desires. Here is a preview of what you will learn: What is Buddhism? Who was Buddha? What are the teachings of Buddhism? Noble Truths and bodhisattva vows The Noble Eightfold Path The precepts of Buddhism The three schools of Buddhism The three treasures of Buddhism The three poisons of Buddhism Exercises for mindfulness Exercises for meditation What is reincarnation? And much, much more Get this awesome and inspiring audiobook today!

## Book Information

Audible Audio Edition

Listening Length: 35 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Nathan Earl

Audible.com Release Date: March 21, 2016

Language: English

ASIN: B01D5FZ46G

Best Sellers Rank: #40 in Books > Politics & Social Sciences > Philosophy > Movements >

Pragmatism #124 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism >

History #169 in Books > History > World > Religious > Buddhism

## Customer Reviews

This is an exceptional read. A beginners guide to switching to a most peaceful way of living this stressful life. Aside from the historical facts, which were quite illuminative for me, you will learn just enough about various schools, "treasures" (in which you can take refuge in order to formally accept a certain practice of Buddhism) and "poisons" of Buddhism, as well as precepts (that are similar to 10 commandments) that you have to obtain and live by in order to set yourself on a way towards reaching Nirvana and more. You will also find some info about the way you can practice meditation

in order to reach the condition of ultimate calmness. I'm excited that I'm gonna put myself on this very long trip that will, hopefully, bring more peace and joy to my life. Maybe it could help you too, give it a shot.

This book was a good basic introduction to Buddhism, its history, teachings, different schools, etc. There was also information on mindfulness and meditation. This was a quick and easy read. It's well written and comprehensive without losing the reader's attention. Highly recommend for anyone who wants to know all the basics of Buddhism.

The introduction to Buddhism is creatively done that sums up the true essence of this religion without compromising the details and important information. This book is helpful in those who have a lot of questions about Buddhism. The ways in which it is practiced is important to know and by doing so, one can follow the path of righteousness.

Recently I got interested in Buddhism so I decided to get some beginner's guide so I can read. I got this book after a recommendation of a friend who was indeed fascinated by it. I have to say that I am also satisfied with this book because it contains everything you need to know about this amazing religion. I am very happy that I have finally learned everything that I was interested in and I intend on practicing some of the advises. I definitely recommend this book to everybody who is interested in Buddhism!

This book is terrific if you want to learn about Buddhism - the cultures and practices of the ancient religion. You will learn a lot about the people, practices in daily life and the teachings, to further broaden your knowledge of this amazing culture.

I've always been interested in learning more about Buddhism, as it's a religion that seems so distant to people who live in Europe. When I got this book, I was hoping it would give me some answers and you have no idea how happy I am it delivered! All the basics of Buddhism are covered here, throughout 9 chapters - the history of Buddhism, the origin of Buddha and the main treasures and poisons of the religion. There are also a couple of helpful meditation and mindfulness techniques. The final chapter is about karma, and I especially liked that one, as I really believe in that kind of stuff. Recommended for all people who're curious about Buddhism and the things it teaches.

Buddhism isn't a common thing that people at the office talk about. I wanted to know more details and old, fun facts that could really make me remember what Buddhism actually is. I loved the book, it was full of creative detail that helped me a lot.

I've always been interested in investigating different religion, but Buddhism is the most interesting of all for me. In this book you can find how Buddhism helps individuals to accept responsibility for their lives and actions. I have always wanted to learn more about meditation and about methods to reach enlightenment. There also you can find a lot of information about reincarnation, which is very interesting for me. Great guide for beginners, highly recommended.

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