



Buddhism for Beginners: 2 Books in 1: Buddhism for Beginners Zen Buddhism for Beginners (Paperback)

By Emerald Moon

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Buddhism for Beginners: 2 Books in 1 (Buddhism for Beginners Zen Buddhism for Beginners) Book 1: Buddhism for Beginners Buddhism has been around for thousands of years, but it was not until recently when people all over the world have started to gain interest in it once more. Perhaps, it is because they are drawn to the teachings of Buddhism that center on themes, such as living life in moderation, letting go of desires and being compassionate towards others. The physical and mental benefits gained from such Buddhist practices as meditation, yoga and mindfulness may have also contributed to its popularity. Yet, as people slowly begin to introduce Buddhist principles into their lifestyle, many of their questions regarding this ancient way of life still need simple answers. If you are someone who wants to know more about Buddhism and how you can incorporate its principles into your daily life, then this book is for you. In this book you will find: What is Buddhism? Is it a religion? Who was Siddhartha Gautama? Was he a human or a deity?...



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