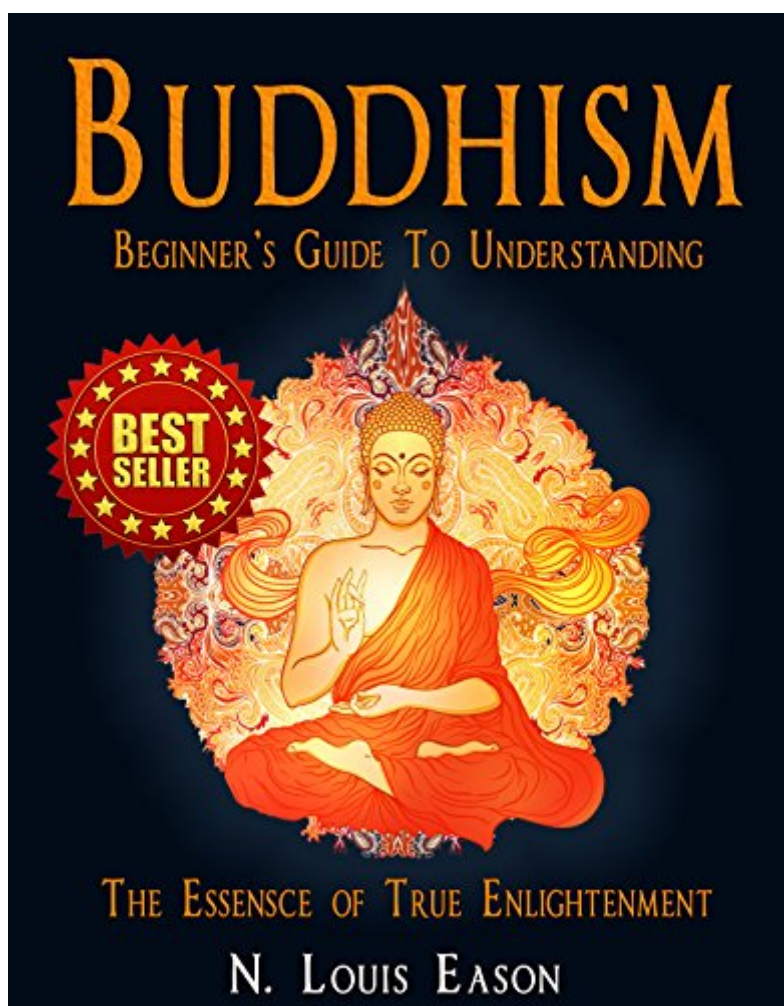


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# Buddhism: Beginner's Guide To Understanding The Essence Of True Enlightenment (Buddhism, Buddhism Beginners, Buddhist Books, Buddhism Books, Zen Buddhism Book 1)





## Synopsis

LIMITED-TIME BONUS INSIDE: 2 FREE Ebooks on Buddhism! Read more below

Buddhism by N. Louis Eason is a guide to help anyone learn the teachings of Buddhism. Whether you are an expert or a novice, you will benefit from this book. 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 yourself. 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. That is what this book is all about

In *Buddhism: Beginner's Guide to Understanding the Essence of True Enlightenment* by: N. Louis Eason, you will learn

- The Basics and Origins of Buddhism
- The Origins of the Buddha
- The Core Teachings of Buddhism
- The Four Noble Truths and Bodhisattva Vows
- The Noble Eight-fold Path
- The Precepts of Buddhism
- The 3 Schools of Buddhism
- The 3 Treasure of Buddhism
- The 3 Poisons of Buddhism
- Exercises for Mindfulness
- Exercises for Meditation
- Reincarnation and Karma

and much, much more

CHECK OUT SOME OF THE TESTIMONIALS BELOW:

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. - Jonah Smith

This book is written in a very simple way that can be understood by anyone! I previously read a book about Buddhism and comparing them, I find this book very easy to read and understand with the terminologies explained well. I have been thought in school that this kind of religion is one of the oldest but I just found out today that this religion has three poisons which are greed, hatred, and ignorance . These are forms of evil that followers should avoid. The author seems to fully understand the nature and character of Buddhism. - Elaine Johnson

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## Customer Reviews

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.

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 ebook gives a clear overview of Buddhism, its history and how Buddhism was named. What

interested me the most is the relation between Buddhism, Meditation and Karma. I would recommend it as a great guide for beginners who wants to know the history and the Basic principles of 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.

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.

Reading this book gave me some major insight on the ideas and philosophies Buddhism has to offer. I strongly suggest reading it not only for learning about your spiritual side but for life lessons in general. I really enjoyed this book.

Really great little book. Very high level but hits some very important points about Buddhism. Won't take long to read.

After a trip to Sri Lanka I was fascinated by Buddhism. I wanted to learn more and this was all I could have asked for! Thank you for writing this precious informative book!

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