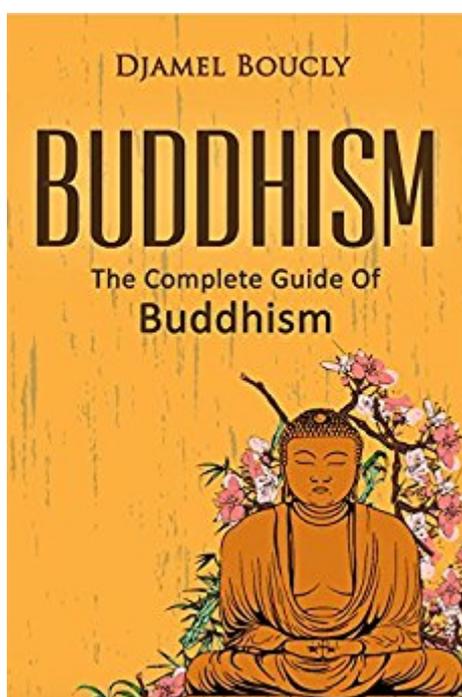


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# Buddhism: The Complete Guide Of Buddhism, 2nd Edition, Everything You Need To Know To Practice Buddhist Teachings In Your Everyday Life



## Synopsis

WHAT PEOPLE SAY ABOUT : There are lots of book in the market which discuss about Buddhism. And this book here is one of the best in it since I learned many of them . Every books central view is inner peace. This book is a complete guide for Buddhism, as it teach you everything you want to know about this religious believe. Buddhism explains inequality and injustice. It gives us the purpose of life, while providing a moral code and way to lead a life filled with zen and happiness. This book is aimed at people wanting to learning about Buddhism. In this book I'll discuss the basic principles and tenets of Buddhism, Buddhist teachings and Buddhist rituals, along with how you can incorporate Buddhism into your daily life. If you are thinking about practicing Buddhism or if you already do this book is a good starting place to learn about all of its most basic tenets. I buying this book to know more about Buddhism and this book here succeeded in providing that. I thing this book is a considerable one. This is an exceptional read. A beginner's guide to switching to a most peaceful way of living this stressful life. Perfect for beginners who have little to none idea about Buddhism. This book is well written, informative and provides overview on what Buddhism all about. This can be very helpful for people like me who are not knowledgeable enough in the kind of teaching this religion offers. It will certainly help you understand that you need to be aware of the present moment and live in it instead of dwelling in the past regrets or future concerns for living a happy life. I would highly recommend this book!

**EVERYTHING YOU NEED TO KNOW TO PRACTICE BUDDHISM IN YOUR EVERYDAY LIFE** Get this Kindle book now for only 2.99. Regularly priced at \$7.99. Read on your PC, Mac, smart phone, tablet or any Kindle device. **FREE BONUS INSID "Mindfulness"~ READ FREE WITH KINDLE UNLIMITED**~If you are thinking about practicing Buddhism or if you already do this book is a good starting place to learn about all of its most basic tenets. As you go through this introduction to Buddhism, you will find answers to the questions:- Where did Buddhism start?- Who is the Buddha?- Why did the Buddha find a need for this practice?- What are the most common Buddhist traditions?- What is the difference between Theravada, Mahayana, and Vajrayana Buddhism?- What does Buddhism look like in different parts of the world? Buddhism explains inequality and injustice. It gives us the purpose of life, while providing a moral code and way to lead a life filled with zen and happiness. This book is aimed at people wanting to learning about Buddhism. In this book I'll discuss the basic principles and tenets of Buddhism, Buddhist teachings and Buddhist rituals, along with how you can incorporate Buddhism into your daily life. This is a great starting off point for beginners. If you want to learn more about Buddhism, you need to get this book. Download your copy today! To order, click the BUY button and download your copy right now!

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## Customer Reviews

What a terrific introduction to these beautiful spiritual practices! There's much to learn for those of us raised in the Judeo-Christian tradition, whether we're planning to become Buddhists or not. Here, we're presented with a short history and the basic beliefs and traditions of practitioners, without a New Age twist (thank goodness). The book's thorough, without being overwhelming. I recommend it. But, the author does have an affection for run-on sentences and a small tendency toward grammatical errors. Still, it's an enjoyable and informative read.

This book is so relaxing. I have been interested in learning more about Buddhism so I grab this book. Some Buddhism books I've read are just focused on the Buddhism founded by Siddharta Gautama. However, in this book I have learned about the different kinds of Buddhism as practiced in different countries like Japan and China. Like what this book had mentioned Buddhism

is not a religion but rather a way of life. I think what I like most about this book is that it's very concise. It gives you a brief tour on the teachings of Buddhism like: Karma, Nirvana, The Five Delusions, and my favorite Mindfulness. Although this book doesn't contain the full teachings of Buddhism, it will definitely give you an idea on what Buddhism is. Good enough for me.

I'm not a religious person (this was usual in my country), but I was always, beginning from high school, interested why people believe in God, why there are so many religions in the world. Answer to these questions lays in philosophy and theology. I became neither the first nor the second. But I've read enough books to understand basics of some religions. Naturally, the first was Christianity as the main religion of my country. Now I want to get acquainted with Buddhism. I know it is very common in eastern part of Asia. But there are enough examples of practicing Buddhism in Western World, too. Right away I can remember Steve Jobs, Bill Clinton. It is difficult to read fundamental books of Buddhism. So the book by Djamel Boucly is convenient for my knowledge enlargement. It shows history of Buddhism from its appearance to modern times, its concepts, and at last, description of its practices. I can't read this book fast because there are a lot of new information and difficult terms. But some things I've known already. Most interesting for me is the fact that Buddhism is not a religion but, in fact, a path to spiritual enlightenment and it does not have a dogma. I hope new discoveries wait for me while reading.

Perfect for beginners who have little to none idea about Buddhism. This book is well written, informative and provides an overview on what Buddhism all about. This can be very helpful for people like me who are not knowledgeable enough in the kind of teaching this religion offers. This book explains quickly but deeply the basics of Buddhism and the reasons for suffering in our life and introduces the practices one can use to reduce that suffering.

This is an exceptional read. A beginner's guide to switching to a most peaceful way of living this stressful life. Perfect for beginners who have little to none idea about Buddhism. This book is well written, informative and provides overview on what Buddhism all about. This can be very helpful for people like me who are not knowledgeable enough in the kind of teaching this religion offers. It will certainly help you understand that you need to be aware of the present moment and live in it instead of dwelling in the past regrets or future concerns for living a happy life. I would highly recommend this book!

Short, concise, and very interesting. I'd recommend to others. My only complaint is the number of grammatical and spelling errors.

A most excellent little book! Simple, direct and to the point. The author writes well and understands exactly what information to share, but, perhaps more importantly, how to convey that information completely and easily. A brief history lesson is followed by a world-wide overview of all of the different varieties of this belief system, and then a more in-depth look at the various aspects and practices to get one going on a daily basis. Not much more is needed to get going, but there is a glossary and a list of useful links for those who want to learn more. I don't get paid for reviews, and I absolutely got my money's worth in this great little starter book. Highly recommended!

Buddhism what is it ?Why some one adopt the Buddhist life ?What is the meaning of my life ?Why I am suffering from pain when someone left me ?Who am I and why I came to this Planet ?What is the meaning of life ?If You have any one these constant question arise in your mind and You want to look for the answer here and there I think this is the book to answer these questions to solve the problem. I would recommend this book to anyone to know the exact meaning of life and practicing Buddhism.

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