



Buddhism For Beginners: The Complete Beginners Guide To Modern Buddhism and Mindfulness (Buddhism, Mindfulness, Meditation)

Nathalie Price

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Buddhism For Beginners: The Complete Beginners Guide To Modern Buddhism and Mindfulness!

Buddhism is all about explaining a purpose to life, it explains justice and equality around the world and it provides a code of practice our way of life that leads to true happiness!

Buddhism is a way of understanding yourself and about developing true caring and compassion for those around you. When you're capable of delving into your own needs and desires, you will be better prepared in life.

This book is designed to give you an introduction to several lessons that Buddhism can offer you such as what happens when we die and several methods to calm your mind and body in stressful situations.

Buddhism For Beginners has never been explained so clearly, now you will easily understand everything that was unknown about Buddhism.

Here Is A Preview Of What You'll Learn..

Chapter 1: The Origin of Buddhism

History of Buddhism

The 3 Branches of Buddhism

Chapter 2: The Four Noble Truths

The First Noble Truth: Suffering (Dukkha)

The Second Noble Truth: The Cause of Suffering is Craving or Thirst (Tanha)

The Third Noble Truth: The End of Dukkha is the Cessation of Craving (Nirodha)

The Fourth Noble Truth: The Eightfold Path

Chapter 3: The Eightfold Path

Wisdom

Right Understanding (Sammā ditthi)

Right Thought or Attitude (Sammā Sankappa)

Moral Conducts

Right Speech (Sammā vācā)

Right Action (Sammā kammanta)

Right Livelihood (Sammā ājīva)

Concentration

Right Effort (Sammā vāyama)

Right Mindfulness (Sammā sati)

Right Concentration (Sammā samādhi)

Chapter 4: Karma, Rebirth, Reincarnation

Chapter 5: Buddhism and Daily Life

Buddhism is defined as a “state of the practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis”.

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