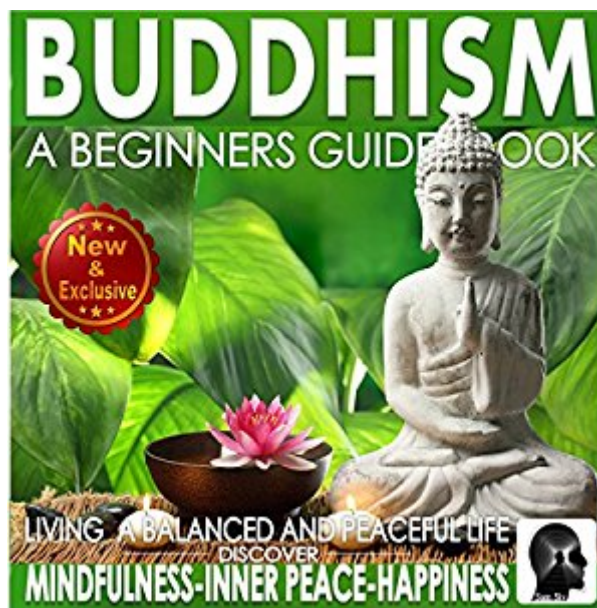


The book was found

Buddhism: A Beginners Guide Book For True Self Discovery And Living A Balanced And Peaceful Life: Learn To Live In The Now And Find Peace From Within



Synopsis

Find out all about mysterious Buddhism, its origins, its secrets, and its answers to the challenges of modern life. This book contains a basic overview of Buddhism, including the life of Buddha and the various kinds of Buddhism that have developed. It takes a look at all the key concepts and most important teachings, methods, and insights in a way that is easy to understand. Filled with a wealth of common sense and other worldly wisdom, the path to enlightenment is considered. Learn about meditation, mindfulness, happiness, samadhi, nirvana, and all the other important concepts that have helped shape our understanding of reality. Find out about Zen Buddhism and study all the basic elements that make the Buddha dharma so compelling to people of all walks of life. What you'll learn.... Learn about Siddhartha Guatama, who became the Buddha Find out about different Buddhist schools Understand meditation, mindfulness, and awareness Learn about relaxing and letting go and their benefits Find out what samadhi is all about Find out about karma, whether good or bad Discover the teachings about reincarnation Learn about impermanence and how that affects you Consider the status of women in Buddhism Find out what Buddhism means in practical life Discover the wisdom latent inside you Learn to let go of anger and frustration Learn how all things are connected, including you Discover new mental possibilities Find your own path to enlightenment Much, much more! Make use of this book today to educate yourself about one of the most popular ideas in history: transcending the mundane and discovering the ultimate. Get to know Buddhism intimately and understand why it has had such a powerful effect on the world. Download today!

Book Information

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Customer Reviews

I read this book after I finished a more scholarly book on Buddhism. It was quite refreshing to read *Beginners Guide Book for True Self Discovery and Living a Balanced and Peaceful Life*. Sam breaks down the chapters into various topics, from "Meditation" to "Social Activism & Ethical Issues." If I knew nothing at all I think it would be very overwhelming because of the amount of information presented so quickly. It answers some great questions about the practice of Buddhism and I would certainly recommend it. The Author takes the time to give basic answers that can add to one's growing foundation in Buddhism. It will be a huge help for my personal and professional growth. This book is a great place to start. It is the perfect book to give to friends or family members who are not familiar with Buddhism but want to understand your newfound spirituality.

This book piqued my interest since I've always been interested in Buddhism as it is kind of a peaceful religion. Written in a concise and readable manner, this book gives a layman's summary of Buddhism with all its different aspects. The side section of the kindle includes a \$2 upgrade for an audio book which is great for people on the go. I particularly like the popular highlights containing notable quotes from Buddha taken from the book. The table of contents is very organized starting with a short biography of the founder, secondly the four basic tenets of Buddhism, and also the different sects of Buddhism found regionally in Asia. The most interesting aspect is that it explains how to actively participate in Buddhism using meditation and mindfulness (self awareness). The different beliefs such as Nirvana, reincarnation, karma etc. Certain aspects of Buddhism appeal to me such as mindfulness and the impermanence of life. I am a little confused by some of the tenets such as acknowledging the suffering of life, maybe it's a belief that one should maintain a positive attitude. The second tenet states that we should be free of passions and desires, I think having spirit is what makes us human, but I digress. Maybe rereading this book or visiting the local Buddhist temple will help me understand more about Buddhism. On a side note, there are a few mistakes in the book. There is a graphic on page 88 that covers the text in the chapter, *Buddhism in Daily Life*. Just a heads up to the writer. Nevertheless, it was enlightening read. I was given this complimentary eBook for my honest and unbiased review.

I truly found this book a good compilation of several key notes about Buddha's life, since birth until death; with basic teachings depicted and journeys made. You will learn about definition of several life terms, like Happiness and Tolerance. You will learn about the different kinds of

Buddhism and you will also learn a short concept for each type mentioned. You will learn about Meditation, Mindfulness Breathing, Loving Kindness Meditation and some other key concepts like Letting Go, Nirvana, Reincarnation, Karma, Dharma, Mindfulness and its three fundamentals (All things are connected, impermanence and the self). Finally, you will read and learn about women in Buddhism and about practical Buddhism in daily life. Please note that I did receive this book at a discount in exchange for my honest and unbiased review. These comments are exclusively mine and my sole intention is to help sellers and consumers to meet offer and demand as a satisfactory two-way event on which both parties will reach an understanding with a happy ending. If this review is helpful for you, then please click the  button below. Thanks for taking the time to read my review.

I purchased the kindle version of this book for free and began reading it and then purchased the audible version so that I could listen to it while I was on the go. My last couple of weeks have been really busy and I haven't been able to read like I normally do. I wasn't sure what to expect with this book. Apparently Sam Siv has written a number of books, but this was my first introduction to him. I really, really loved this book. The book has general information on the history of Buddhism, the known history of Siddhartha, the principles of Buddhism, the sects of Buddhism. I love the emphasis on Buddhism being an internal "fight", the ability to mesh with other religions and beliefs, and the importance of peace and understanding between various sects of Buddhism. Because I ended up listening to the book instead of reading it, I feel like I missed parts of the information (I'm not always the greatest listener...hello ADHD lady here!) So, I will be joyfully listening to this book again and when things settle down I will read it also so that I can highlight the parts that speak to me. I have to highly recommend this book to anyone who is interested in learning about Buddhism. I felt this book was well written, organized well, and very informative. I have read books about Buddhism in the past, but not recently and feel like this book came at this moment to me for a reason. I hope you'll find this one as enjoyable as I did. I did receive the kindle version of this for free in exchange for my honest review. However, I purchased the audible version at regular price.

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