



Buddhism for Beginners: The Top Secret Buddhism Guide for Living a Balanced Life (zen buddhism, mindfulness, buddhism)

Camilla Cole

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Are you looking for a beginner's secret Buddhist guide to living a balanced life? Look no further, you've found it!

This guide takes the questions most people commonly ask about Buddhism, and answers them, so that you can begin to experience Buddhism with a background in their teachings and solid ways to stay on the true path that will reduce suffering.

We will show you the ways in which you can live a peaceful, mindful, satisfying and balanced life.

We'll cover these areas:

- What is Buddhism?
- The history of Buddhism
- What do Buddhists believe?
- How can Buddhism help you live a balanced life?
- How can you appreciate Buddhism in your life?
- Living life in the Buddhist faith

Within this book, you will learn all the basic doctrines and beliefs of the Buddhist faith. We will also pass along helpful information about staying on a spiritual path and allowing Buddhism to become the most important and integral part of your balanced life.

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