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## Buddhism for Beginners: How to Practice Buddhism to Cultivate Happiness and Live a Stress-Free Life (Paperback)

By Grace Bell

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Buddhism for Beginners Are you often overwhelmed by certain events, certain people, or just your emotions? Do you want to cope with life's pressure and suffering in a constructive, systematic way? The answer to these questions might be Buddhism. Buddhism is a faith and spirituality that has seen a resurgence from time to time during our history. This is because its beliefs, traditions, and spiritual practices seem to resonate with people when they are feeling lost, or in need of guidance. Also, with Buddhism, people don't feel bogged down by dogma and religious fanaticism, which really gives them the freedom to practice Buddhism in the way that best suits them. This book is not written as a conversion tool. It simply serves to inform you of the benefits of Buddhism. You will be introduced to the basic tenets of Buddhism, to give you insight into the inner workings and mechanisms of this faith. But, over and above this, you will be shown meditative practices that can be used to achieve inner peace and calm, and also better manage stress and...



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