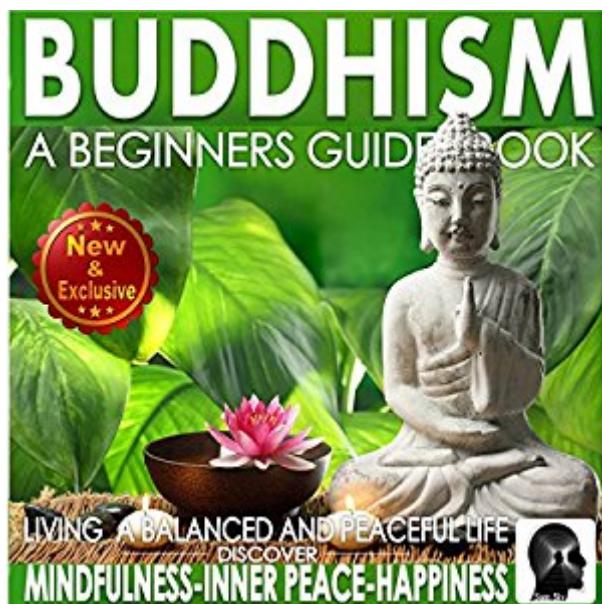


The book was found

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 Siddartha 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 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.

For beginners wanna to learn about Buddhism this is a very general and basic book about it. There is stuff about mediation, and a definition of several life terms, like Happiness and Tolerance. It will give you a little history on the origins of buddhism and some great practice to start out with Buddhism, like dipping a toe in the religion. Like most beginner guide it will lack a lot of the deeper things about true buddhism and it takes a more western approach to the religion. Also there are many other books of this kind you can look up, some might be better then others, about as a free kindle book you can't really go wrong with trying out this book. I would recommend trying the free version first and testing out if this book is for you. I was given this as a free trial for review.

This is an EXCELLENT book on Buddhism for not only the beginner but also to refresh your principals if you have been studying Buddhism for a while. Buddhism: A Beginners Guide Book by Sam Siv is easy to read and the topics are approached in a way that the beginning Buddhist or even someone just exploring different religions can understand. I have read it twice now and found it interesting and informative both times. I love how easy it is to highlight and bookmark pages as you read so that I can go back and re-read those passages. Sam Siv goes through the basic principals of

Buddhism in an easy to understand language with lots of pictures and effectively shows you how to apply these principals in your everyday life. I really like how he made a point of bringing up that Buddhist principals can be utilized by everyone regardless of their religion, even atheists. Buddhism is more a way of living than an actual religion and it has definitely made my life more manageable and peaceful.I received this item for free or at a discount in exchange for my honest and unbiased review based on my own personal use of the product, of which this is.

I was really impressed by the thoroughness of this book. It walks you through the basics of the tradition and the history behind the practices. This is a great starting point. Even though I just finished one of the Great Courses lecture series on cultural literacy in religion I found this walk through pleasant. This is a great way to be introduced to the practice and even if every reader just walks away with a better understanding of the Buddhist faith I think it can be considered a great success.With over 1400 Kindle pages the book is not short but is easy to read. I highly recommend this book. If you click into picture on the product listing for the 'look inside' feature you can navigate to the table of contents and get a better idea of how the book is broken into sections. This is also a great way to use the hyperlinks to jump to a certain section.

I took a World Religions class a few months back, and Buddhism was one of the religions I was looking forward to learning about. This book covers all the information I learned about in class and more. Buddhism is a very interesting religion, but like other Eastern religions it can be kind of hard for those who are more familiar with Western religions to grasp. The author managed to do a great job organizing and explaining the information into easy to understand chapters, and provided answers to some of the most common questions people ask about this religion. The pictures are a nice touch as well. The only thing that kept me from giving the book 5 stars is that there are a few spelling errors towards the beginning of the book.If you are looking for a book to help familiarize you with the Buddhist religion, this book is an excellent place to start. It's so easy to read. I planned on starting it tonight and ended up finishing it as well. This is a great book to help you expand your knowledge and gain an appreciation of this peaceful religion.Disclaimer: I received this product at a discounted price or free in exchange for my honest and unbiased review. All opinions written are my own.

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