



# Buddhism for Beginners

*Emerald Moon*

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## **Buddhism for Beginners** Emerald Moon

Buddhism has been around for thousands of years, but it was not until recently when people all over the world have started to gain interest in it once more. Perhaps, it is because they are drawn to the teachings of Buddhism that center on themes, such as living life in moderation, letting go of desires and being compassionate towards others. The physical and mental benefits gained from such Buddhist practices as meditation, yoga and mindfulness may have also contributed to its popularity. Yet, as people slowly begin to introduce Buddhist principles into their lifestyle, many of their questions regarding this ancient way of life still need simple answers. If you are someone who wants to know more about Buddhism and how you can incorporate its principles into your daily life, then this book is for you. In this book you will find: • What is Buddhism? Is it a religion? • Who was Siddhartha Gautama? Was he a human or a deity? • What do the Four Noble Truths mean? What is the Noble Eightfold Path? • What are reincarnation, nirvana, and karma? • Why is Theravada Buddhism different from Mahayana Buddhism? Is Zen also a kind of Buddhism? • What exactly is mindfulness? • How do you meditate? What are the different ways to meditate? • Is it possible to practice Buddhist principles without becoming a Buddhist? • How do you become a practicing Buddhist? Do you need to be baptized? Whether you are a beginner to the concepts of Buddhism, or someone who conducted research and would like to deepen your understanding of the concept, this book will provide you with answers in a no-frills way. So what are you waiting for? Take action, not now, but right now, and grab your copy, today!

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