



Buddhism: Beginner's Guide: Bring Peace and Happiness To Your Everyday Life (Positive Psychology Coaching Series) (Volume 5)

Ian Tuhovsky

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Discover the Noble Teachings of Buddha to Bring Peace & Happiness to Your Everyday Life!

Dear Friends,

Buddhism is one of the **most practical** and simple belief systems on this planet and it has greatly helped me on my way to **become a better person** in every aspect possible.

In this book I will show you **what happened and how it was**.

No matter if you are totally green when it comes to Buddha's teachings or maybe you have already heard something about them - this book will help you **systematize your knowledge** and will **inspire you** to learn more and to take steps to make your life positively better!

I invite you to take this beautiful journey into the graceful and meaningful world of Buddhism with me today!

In This Book I Will Tell You About:

-**Why Would You Want** To Incorporate Buddha's Teachings Into **Your Life?**

-What Buddhism **Is** And What it **Definitely Is Not?**

-What is the **Essence** of Buddhism?

-**Three Main Branches** of Buddhism

-Buddha's **Life and Teachings**

-Basics of Buddhism (Five Basic Buddha's Principles)

-How to **Cease** Your Suffering

-**Karma**, Rebirth and Reincarnation; Difference between Rebirth and Reincarnation

-**What Happens After Death** According to Buddhism?

-**Where** and **How** to Start?

-The Art of **Meditation**

-**Benefits** of practicing **Buddhism in Everyday Life**+ My **Personal** Experiences!

-**Further Resources** to Continue Your Journey!

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tags: Buddhism, Buddha, The Four Noble Truths, The Eightfold Path, The Path of Inquiry, The Five Precepts, The Three Universal Truths, Karma, Theravada, Mahayana, Vajrayana, Rebirth, Annica, Dukkha, Annata, Non-Self, Compassion, Peace, Dalai Lama, Eckhart Tolle, Guatama Buddha, Siddharta, India, Zen, Tibetan Buddhism, Reincarnation, Asian Culture, What Happens After Death, Afterlife, Dharma, Annata, Ego, meditation for beginners, meditation, how to meditate, mindfulness meditation, meditation techniques, stress management, relaxation techniques, be still,

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