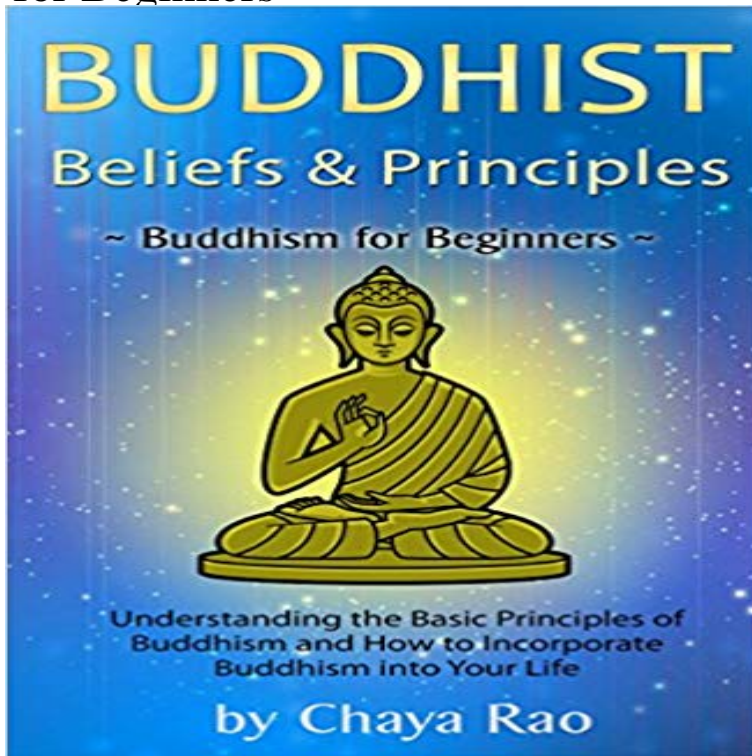


Buddhist Beliefs & Principles: Understanding the Basic Principles of Buddhism and How to Incorporate Buddhism into Your Life ~ Buddhism for Beginners



If you want to learn all about the basic concepts of Buddhism and how you can incorporate them into your life for increased happiness and wellbeing, then this book is for you! Buddhism is a religion that is comprised of various different traditions, teachings, and practices. The religion was originally founded by Siddhartha Gautama, whom his followers refer to as Buddha, which can be translated into the enlightened one. You may already be aware of some of the singular and more mainstream concepts of the religion, such as meditation. However, Buddhism is much, much more than just meditation, and offers the potential for a deep understanding of life and its meaning, suffering, and enlightenment. Through this ebook, you will come to understand and appreciate the basics of Buddhism; you will learn how to easily incorporate the Buddhist principles into your own everyday life; and you will realize how adopting the Buddhist mindset can dramatically improve your sense of happiness and wellbeing. Lets get started! Here Is A Preview Of What Youll Learn... The Role of Doctrine and The Eightfold Path The Four Noble Truths Tolerance Karma Compassion Much, much more! Download your copy today! Tags: buddhism principles, beliefs of buddhism, tibetan buddhism, about Buddhism, buddhist sutras, the eightfold path, introduction to buddhism, buddhism introduction, buddhist beliefs, buddhist principles, principles of buddhism, buddhism for beginners, buddhist teachings, buddhism beliefs, buddhism

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