



Buddhism For Beginners: A Guidebook On Understanding The Practice Of This Ancient Religion.

Rohan Ganesha

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Buddhism is one of the oldest religions known to mankind. A belief that was spurred by the philosophies and practices of Siddhartha Gautama almost 25 centuries ago, Buddhism has stood the test of time as a religion that celebrates life, explores a human beings philosophical existence and endeavours to achieve a state of awakening.

Practiced across various countries today, aspires to understand four noble truths that veers away from typical speculations of the existence of God and the afterlife.

In this book you will learn

- What Buddhism is
- Who is the Buddha
- The basics of Buddha's teachings
- The four noble truths that practitioners of the religion seek to understand
- The concepts that surround Buddhism
- Different types of Buddhism
- The concept of karma and rebirth
- How purpose extends towards the beliefs in this religion.
- Different Buddhist traditions that you can practice.

Pick up a copy now and see how you can translate these religious practices to define a new outlook in life.

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