



Buddhism for Beginners: How to Practice Buddhism to Reduce Stress and Achieve Happiness

Edward C. Wilson

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Buddhism for Beginners

Do you often find yourself overwhelmed, by life, by certain events, certain people, or just your emotions? How can you cope with life's pressure, in a constructive, systematic way, while learning how to be present, and live on purpose? The answer to this might be Buddhism!

Just what is Buddhism? Can it really lead you on the path to enlightenment and liberation, even happiness? What benefits do practitioners of Buddhism enjoy, and can you too, as a layman, enjoy the very same?

These are just some of the questions that will be addressed in this book. Buddhism for Beginners is not written as a conversion tool. It simply serves to inform you of the benefits of Buddhism. You will be introduced to the basic tenets of Buddhism, to give you insight into the inner workings and mechanisms of this faith.

But, over and above this, you will be shown meditative practices that can be used to achieve inner peace and calm, and also better manage stress and anxiety. You will see how you can achieve happiness, lasting happiness, through an intimate understanding of suffering, and a disciplined training of your mind.

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TAGS: Buddhism for beginners, Buddhism plain and simple, Buddhism for dummies, Buddhism meditation, Buddhism a beginners guide, how to practice Buddhism, Buddhism without belief

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