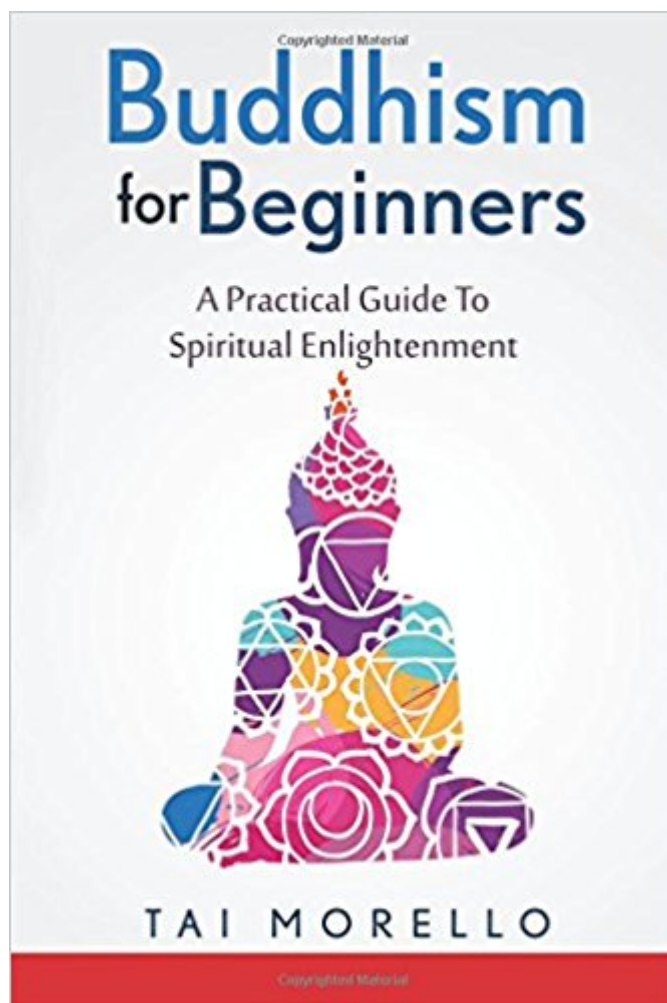


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# Buddhism For Beginners: A Practical Guide To Spiritual Enlightenment



## Synopsis

Discover why people like Russel Simmons Jr, Jennifer Aniston, Phil Jackson and Brad Pitt all incorporate the life-changing practice of Buddhism into their lives. Mindfulness meditation is everywhere these days, from the therapy couch to the Google campus, from prisons to athletic events. But what are the origins of this surge in mindfulness? What kind of worldview and lifestyle went along with these ancient techniques of meditative training? And, beyond the questionable metaphysics and well-worn pop-psychology bromides, what is meditation actually for? This book explores the Buddhist ideas behind the mindfulness techniques that have seen such a groundswell of popularity. It covers meditation not just as a body of techniques for relaxation and stress relief to accessorize our busy modern lives, but as part of a radical system of self-transformation that offers the possibility of profound liberation. In this book, the Buddhist system and the ideas behind it are presented, not as a religion that's asking for your allegiance, but as a body of theory and practice geared towards fostering an inner revolution. With Buddhism for beginners you will find out: The worldview underpinning Buddhist meditation techniques, and what those techniques were actually intended for. The principles that guide a life lived genuinely, gracefully, and compassionately. What meditation is all about in the context of the Buddhist path, and how to get into the practice of working with your mind. A surprising vision of the self, the mind, and the nature of human experience that can fundamentally alter the way you look at the world. Don't hesitate. To start on a journey that could deeply transform how you relate to your world, scroll up and grab your copy right now. Check out some of the testimonials below: "If I had the choice of being lectured about Buddhism or reading a book, I'd pick this specific book because it is so nicely written. It starts out pretty slow paced introducing a bunch of concepts related to Buddhism before moving towards meditation and the like. It sucked me in right away and I continued flipping page after page nonstop. Reading in a quiet room sure helped and I felt this great sense of calmness. It's pretty amazing!" "If you are beginning to practice Buddhism or are contemplating doing so, this book is a great place to start. It is the perfect book to give to friends or family members who are not familiar with Buddhism but want to understand your newfound spirituality. This book was extremely easy for me to understand and I fully as though the concepts presented were something that I could begin to apply now and by my own unaided strength. I would recommend this book to anyone else who is curious about Buddhism regardless of whether or not you intend on making Buddhism part of your life." ---> SCROLL UP AND CLICK THE ORANGE BUTTON NOW! >

## Book Information

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## Customer Reviews

"Like for so many of us my life is busy and cluttered with extraneous activities and the "noise" of day to day living. For years I've been in search of books about meditation, yoga, mindfulness, Buddhism, etc that are not loaded with theory and tons of background information that I'll never remember but rather a source that focuses on the core concepts. This books as with the others that Tai has written does just that. It's an easy quick read that truly provides the basics in a way that you can easily remember and immediately put into practice." - Gregoire

"If you want a quick overview of Buddhism, this is your book. You'll learn the benefits of Buddhism, where it started, and why it is still around. This book is well written, informative and provides overview on what Buddhism all about. This can be very helpful for people like me who are not knowledgeable enough in the kind of teaching this religion offers." - Terry

I have read several overviews of Buddhism over the years, and this one is one of the better ones, and certainly the most practical. Admittedly, it scratches the surface of a complex subject, but does it in an approachable way. It gives some insight into the earliest steps of Buddhism, without being a comprehensive guide in print. By focusing on things that can be attempted with no training or coaching the book is accessible to many more people.

BuddhismFor BeginnersA Practical Guide to Spiritual EnlightenmentTai MorelloAn excellent guide for those wanting to know about the benefits and basic history of Buddhism.The author (Tai Morello) of this fantastic short book does an amazing job of describing the most important aspects of the

benefits of Buddhism. The author's description of the history of Buddhism is extremely easy to read and understand, giving just enough information to catch the reader's interest and promote enough curiosity to drive the reader to seek out more in depth information from the author's suggested/recommended reading material. Any reader searching for information to develop a personal life philosophy will enjoy the information this title has to offer. This book was a page turner and was hard to put down. Well-written cohesive information that was captivating and interesting = 4 stars.

My first book on Buddhism. I can honestly say it was well worth the investment. I honestly did not pay much for this book and it was very helpful and informative. I don't think I will ever take up Buddhism but I believe and applying some of its values into my own day to day life. If you are trying to get to a higher self, or even into a higher thought, this book can definitely help guide you there. If you are really new to Buddhism then I recommend you try this one out before getting into anything else. Good luck!

Been meditating for only 6 months and always continue exploring writings and teachings of Buddha. This walk through the seeming dense path to deep meditation was both illuminating and perceptive. Illuminating because it has not before been presented in this manner and perceptive, at least for me, because the writer's style encouraged me to look again within as if spoken by a true friend.

After reading this great book you will understand the beauty and how important is to live a lifestyle with ethical practitioner path living without violence actions, looking forward the author describe how to conduct your spiritual path with life experience to relaxation atmosphere and integrate to your mind that buddhism will transform the way you experience and respond to many difficult situations you confront your life.

Nowadays, I have become pretty interested in Buddhism. So when I stumbled upon this book, I did not hesitate to grab and read it. In here, I was able to acquire what I need to know in order to have a better understanding on the principles of this practice. This has also actually helped me in possessing a positive mindset. All in all, this is a great guide on Buddhism which is suitable for a beginner like me.

A beautiful and simple explanation of a complicated philosophy! The simple descriptions for the

practices and the terminology was well done. I especially appreciated the chapter on meditation which provided the why and how to practice! An excellent read!!

Absolutely loved this book. It illustrates everything from different schools of Buddhism, to the goals of meditation, and is the perfect first stop for anyone curious about the path to enlightenment

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