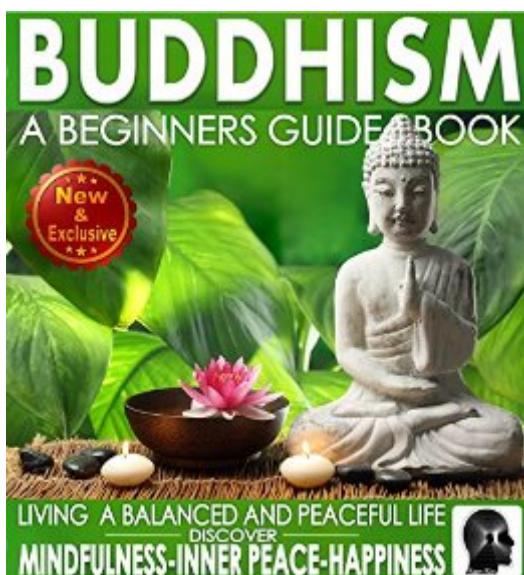


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Buddhism: A Beginners Guide Book For True Self Discovery And Living A Balanced And Peaceful Life: Learn To Live In The Now And Find Peace From Within - ... - Buddha / Buddhist Books By Sam Siv 1)



Synopsis

** Get this book by Best Selling Author Sam Siv **Find out all about mysterious Buddhism, its origins, its secrets and its answers to the challenges of modern life. This book contains a basic overview of Buddhism, including the life of Buddha, and the various kinds of Buddhism that have developed. It takes a look at all the key concepts and most important teachings, methods and insights in a way that is easy to understand. Filled with a wealth of common-sense and other-worldly wisdom, the path to enlightenment is considered. Learn about meditation, mindfulness, happiness, Samadhi, Nirvana and all the other important concepts that have helped shape our understanding of reality. Find out about Zen Buddhism, and study all the basic elements that make the Buddha Dharma so compelling to people of all walks of life. What You'll Learn...Learn about Siddartha Guatama, who became the Buddha Find out about different Buddhist schools Understand Meditation, mindfulness and awareness Learn about relaxing and letting go, and its benefitsFind out what Samadhi is all about Find out about Karma, whether good or bad. Discover the teachings about reincarnation Learn about impermanence, and how that affects you Consider the status of women in Buddhism Find out what Buddhism means in practical life Discover the wisdom latent inside you Learn to let go of anger and frustration Learn how all things are connected, including you Discover new mental possibilities Find your own path to enlightenment Much, much more! Make use of this book today to educate yourself about one of the most popular ideas in history â€“ transcending the mundane and discovering the ultimate. Get to know Buddhism intimately, and understand why it has had such a powerful effect on the world. Download Today!Tags: Buddhism, Zen, Enlightenment, Samadhi, Nirvana, Dharma, Buddha, Siddartha, Guatama, Meditation, Dalai Lama, Mahayana, Theravada, Impermanence

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Customer Reviews

I read this book after I finished a more scholarly book on Buddhism. It was quite refreshing to read "A Beginners Guide Book for True Self Discovery and Living a Balanced and Peaceful Life". Sam breaks down the chapters into various topics, from "Meditation" to "Social Activism & Ethical Issues." If I knew nothing at all I think it would be very overwhelming because of the amount of information presented so quickly. It answers some great questions about the practice of Buddhism and I would certainly recommend it. The Author takes the time to give basic answers that can add to one's growing foundation in Buddhism. It will be a huge help for my personal and professional growth. 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 piqued my interest since I've always been interested in Buddhism as it is kind of a peaceful religion. Written in a concise and readable manner, this book gives a layman's summary of Buddhism with all its different aspects. The side section of the kindle includes a \$2 upgrade for an audio book which is great for people on the go. I particularly like the popular highlights containing notable quotes from Buddha taken from the book. The table of contents is very organized starting with a short biography of the founder, secondly the four basic tenets of Buddhism, and also the different sects of Buddhism found regionally in Asia. The most interesting aspect is that it explains how to actively participate in Buddhism using meditation and mindfulness (self awareness). The different beliefs such as Nirvana, reincarnation, karma etc. Certain aspects of Buddhism appeal to me such as mindfulness and the impermanence of life. I am a little confused by some of the tenets such as acknowledging the suffering of life, maybe it's a belief that one should maintain a positive attitude. The second tenet states that we should be free of passions and

desires, I think having spirit is what makes us human, but I digress. Maybe rereading this book or visiting the local Buddhist temple will help me understand more about Buddhism. On a side note, there are a few mistakes in the book. There is a graphic on page 88 that covers the text in the chapter, "Buddhism in Daily Life". Just a heads up to the writer. Nevertheless, it was enlightening read. I was given this complimentary eBook for my honest and unbiased review.

I purchased the kindle version of this book for free and began reading it and then purchased the audible version so that I could listen to it while I was on the go. My last couple of weeks have been really busy and I haven't been able to read like I normally do. I wasn't sure what to expect with this book. Apparently Sam Siv has written a number of books, but this was my first introduction to him. I really, really loved this book. The book has general information on the history of Buddhism, the known history of Siddhartha, the principles of Buddhism, the sects of Buddhism. I love the emphasis on Buddhism being an internal "fight", the ability to mesh with other religions and beliefs, and the importance of peace and understanding between various sects of Buddhism. Because I ended up listening to the book instead of reading it, I feel like I missed parts of the information (I'm not always the greatest listener...hello ADHD lady here!) So, I will be joyfully listening to this book again and when things settle down I will read it also so that I can highlight the parts that speak to me. I have to highly recommend this book to anyone who is interested in learning about Buddhism. I felt this book was well written, organized well, and very informative. I have read books about Buddhism in the past, but not recently and feel like this book came at this moment to me for a reason. I hope you'll find this one as enjoyable as I did. I did receive the kindle version of this for free in exchange for my honest review. However, I purchased the audible version at regular price.

I knew next to nothing about Buddhism and so I searched out a book that would 1) not talk down to me like some scholarly texts can do and 2) be interesting and not so "dumbed down" that I would lose interest. This book is the perfect combination of everything I was looking for. It wasn't written in a way that I felt I needed a Masters in Eastern Religion to understand it and I also didn't feel like it was written for a 1st grader. I especially liked the section on Women and Buddhism and Buddhism in Daily Life since those were the topics I had the most questions about. Overall, I enjoyed this book quite a bit and I would highly recommend it to anyone that has any "basic" questions about the Buddhist religion or would just like an introduction. I received this product at a discount in exchange for an honest review. However, my opinions are of my own and were only submitted after I tried the product. If you have found this review to be helpful, please click "Yes" below.

This is an EXCELLENT book on Buddhism for not only the beginner but also to refresh your principals if you have been studying Buddhism for a while. Buddhism: A Beginners Guide Book by Sam Siv is easy to read and the topics are approached in a way that the beginning Buddhist or even someone just exploring different religions can understand.I have read it twice now and found it interesting and informative both times. I love how easy it is to highlight and bookmark pages as you read so that I can go back and re-read those passages.Sam Siv goes through the basic principals of Buddhism in an easy to understand language with lots of pictures and effectively shows you how to apply these principals in your everyday life. I really like how he made a point of bringing up that Buddhist principals can be utilized by everyone regardless of their religion, even atheists. Buddhism is more a way of living than an actual religion and it has definitely made my life more manageable and peaceful.I received this item for free or at a discount in exchange for my honest and unbiased review based on my own personal use of the product, of which this is.

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