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Buddhism: The Secret Starting Guide to Buddhism. Learn How to Achieve Mindfulness (Buddhism, buddhism without beliefs, buddhism for beginners)

Manuel Webb

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Are you desirous of achieving Mindfulness? Would you like to get hold of the secrets that can guide you within your chosen path as a Buddhist? Do you feel having good background knowledge of the religious practice itself will help you place yourself on the right track of understanding of what you need to do or not do?

Having the right orientation and understanding about issues in life go a long way to help one approach such subjects with the right frame of mind. Over time, research has shown that people generally all over the world have different understandings and approach to issues of religion. This is why even within a particular form of religion; there are different understandings and frames of approaches with regards to religion.

This is the case also when it comes to a subject like Buddhism. If you would like to have the proper knowledge of Buddhism, then you have gotten yourself access to the right medium that will show you all that you need to know about the subject of Buddhism.

There is so much that you can learn within the pages of this book. After reading this book, you will definitely be transmitted from levels of ignorance to levels of good understanding and enlightenment.

Within the pages of this book contains extensive information and knowledge with regards to these sub topics:

- Buddhism Defined
- Origin of Buddhism
- Buddha’s Seven Fold Guidelines
- The Four Noble Truths
- The Eight-Fold Path – (Middle Way)
- The Law of Kamma
- Principle of Rebirth
- The ‘There is No Supreme God’ Belief
- Buddhists’ Believe in the Non-Existence of the Soul

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