



Buddhism: Discover How To Truly Experience Mindfulness And Happiness Every Day Through Buddhism (Buddhism, Buddhism For Beginners, Buddhism Plain And Simple)

William Nemara

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Buddhism - The real way

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The Dalai Lama once said: 'Man surprised me most about humanity. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived.'

Practicing buddhism can be one of the best decisions you've ever made - it can help you achieve mindfulness and happiness in your life. This isn't a pie in the sky, nor this "proven step-by-step scam method" on how to implement buddhism. Still, buddhism can be part of your lifestyle and can be easily implement with some tricks, tools, and ideas.

In this book, you're going to discover:

The Metaphor of Life

A Brief History of Buddhism

Why Practice Buddhism...In a Nutshell

Buddhist Beliefs On... God, Nirvana And Impermanency

Living Buddhist Teachings

Practical exercise on how to implement Buddhism in your daily life

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