



**Buddhism: The Ultimate Guide to Mastering  
Buddhism for Beginners in 30 Minutes or Less!  
(Buddhism - Buddhism for Beginners - Buddha -  
Spirituality - Yoga ... Meditation for Beginners -  
Morning Ritual)**

*Aaari Zeni*

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# **Buddhism: The Ultimate Guide to Mastering Buddhism for Beginners in 30 Minutes or Less! (Buddhism - Buddhism for Beginners - Buddha - Spirituality - Yoga ... Meditation for Beginners - Morning Ritual)**

*Aaari Zeni*

**Buddhism: The Ultimate Guide to Mastering Buddhism for Beginners in 30 Minutes or Less! (Buddhism - Buddhism for Beginners - Buddha - Spirituality - Yoga ... Meditation for Beginners - Morning Ritual) Aaari Zeni**

**“Buddhism- The Ultimate Beginner’s Guide to Mastering Buddhism for Life!”**

**“Enter the World of Buddhism and Understand the Heart of Buddhist Philosophy”**

**Learn the Basics Teachings of Buddha!**

Buddhist philosophy made a successful transition into mainstream consciousness. Unfortunately, popular culture created a lot of misconceptions and myths related to this very old tradition. Are all Buddhists vegetarians? Must all Buddhists do yoga? The heart of Buddhist teachings is now buried in superficial details that many of us don’t understand. In order to really grasp Buddhist philosophy, one must look into the life of Buddha and his path to enlightenment. Buddhist doctrines are very rich. It offers guidance in spiritual and personal growth.

This book will help you enter the world of Buddhism. It is ideal for beginners who want a simple overview in terms that are easy to comprehend. Buddhist philosophy is so simple and straightforward! With the help of this book, you will understand the basic teachings of Buddha and why they are important in your life. The basics doctrines of Buddhist philosophy will be discussed in very simple terms. You can learn about the Four Noble Truths, the Eightfold Path and basic Buddhist meditation. No need to read works that are confusing and difficult to understand! Try this very simple and helpful book in order to understand and master the basics of Buddhist philosophy.

**Why You Must Have This Book!**

> In this book you will learn about myths and misconceptions related to Buddhism.

- > This book will teach you the real teachings of Buddha.
- > In this book you will learn about the path to enlightenment.
- > This book will guide you in understanding the Four Noble Truths.
- > This book will teach you the Eightfold Path.
- > In this book you will learn the basics of Buddhist meditation.
- > This book will help you to incorporate Buddhist Philosophy in your life.
- > This book will teach you to embrace the teachings of Buddha.
- >. This book will give you basic understanding of Buddhist doctrines.

## **What you'll Discover from "Buddhism- The Ultimate Beginner's Guide to Mastering Buddhism for Life!"**

- \* Myths and Misconceptions about Buddhism
- \* Overview of Buddhist Philosophy
- \* The Teachings of Buddha
- \* The Four Noble Truths
- \* The Eightfold Path
- \* Branches of Buddhism
- \* Buddhist Meditation

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