

This e-book is written to provide you with a very simple and clear understanding of Buddhism and an awareness of its key concepts and approaches to life. The goal of this e-book is not an attempt to convert you to Buddhism, but rather for you to see what it is about, why many people have chosen to follow this religion, and an overview of its fundamental concepts. The Buddha taught us how we could see into the nature of experience. He expressed his insights and observations in a very down-to-earth manner. We will attempt to overview Buddhism with a similar approach. In this e-book, you will learn about the what Buddhism is, the history of Buddhism, the core concepts of Buddhism such as what Samsara, Karma, and Re-birth all are, the Four Noble Truth, the Nature of Existence, how to attain Nirvana, and then how you can live as a Buddhist by following Buddhist practices and rituals, meditation, yoga, and ethics. If you've ever been looking for a resource that can give you a complete view of Buddhism in a relatively condensed manner, then you've found it. This e-book will educate you on everything that you need to know about Buddhism and teach you how one can apply it to their own lives as well.

History of the Bringham family, Christmas on the Coast, Spiked (Lorimer Sports Stories), My Visit to the Dinosaurs (Lets-Read-and-Find-Out Science Stage 2), eDiscovery: A Guide to the Federal Rule Changes, Classic Stories for Little Children,

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