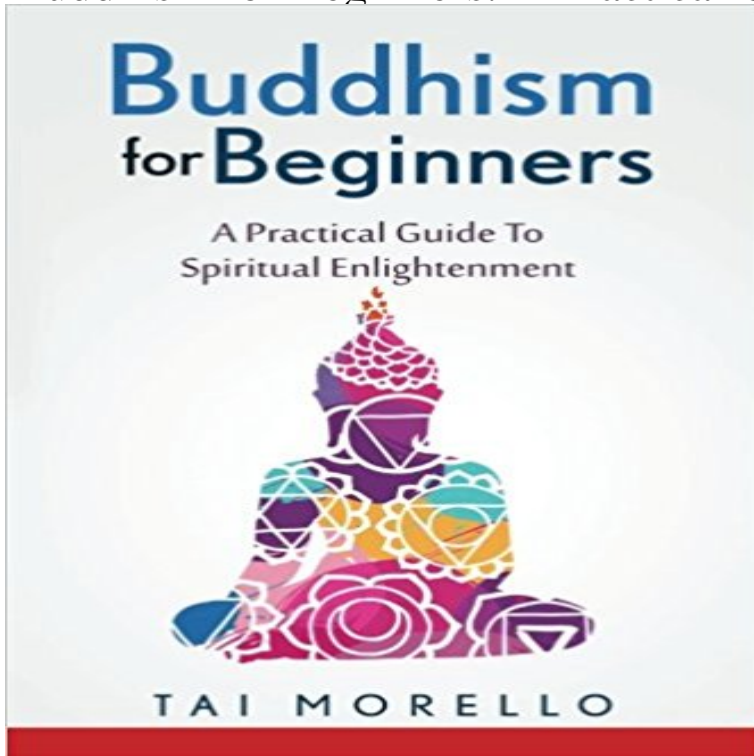


# Buddhism for Beginners: A Practical Guide To Spiritual Enlightenment



Discover why people like Russel Simmons Jr, Jennifer Aniston, Phil Jackson and Brad Pitt all incorporate the life-changing practice of Buddhism into their lives. Mindfulness meditation is everywhere these days, from the therapy couch to the Google campus, from prisons to athletic events. But what are the origins of this surge in mindfulness? What kind of worldview and lifestyle went along with these ancient techniques of meditative training? And, beyond the questionable metaphysics and well-worn pop-psychology bromides, what is meditation actually for? This book explores the Buddhist ideas behind the mindfulness techniques that have seen such a groundswell of popularity. It covers meditation not just as a body of techniques for relaxation and stress relief to accessorize our busy modern lives, but as part of a radical system of self-transformation that offers the possibility of profound liberation. In this book, the Buddhist system and the ideas behind it are presented, not as a religion that's asking for your allegiance, but as a body of theory and practice geared towards fostering an inner revolution. Buddhism for beginners will teach you : The worldview underpinning Buddhist meditation techniques, and what those techniques were actually intended for. The principles that guide a life lived genuinely, gracefully, and compassionately. What meditation is all about in the context of the Buddhist path, and how to get into the practice of working with your mind. A

surprising vision of the self, the mind, and the nature of human experience that can fundamentally alter the way you look at the world. Dont hesitate. To start on a journey that could deeply transform how you relate to your world, scroll up and grab your copy right now. Tags: Buddhism, hinduism, buddhism for beginners, buddha, enlightenment, spiritual, Yoga, Yoga for beginners, Meditation, Beginners, Mindfulness, Yoga, Anxiety, Stress, Mind, Books, mindfulness meditation, meditation for beginners, meditation books, transcendental meditation, zen meditation, how to meditate, Increase productivity, daily meditations, relieve stress, spiritual growth, stress management, buddhism

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