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## Buddhism - A Beginner's Guide: How to Find Inner Peace by Incorporating Buddhism Into Your Life

By M E Dahkid

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How to Find Inner Peace by Incorporating Buddhism Into Your Life! There are many religions practiced by people today such as Christianity, Islam, Buddhism, Judaism, Taoism, and Hinduism, among others. There are people, however, who do not associate themselves with any religion and they are commonly referred to as atheists. Most religions are focused on a Supreme Being or deity. In Buddhism however, the focus is not a god or deity but a way of life to find inner peace and avoid suffering brought about by worldly pleasures. Buddhism is indeed a way of life. This religion has many facets that appeal to humanity making it the fourth largest religion in the world. Before you can incorporate Buddhism into your life, it is important to know what it is, who founded it, where it began, and the principles behind it. What is Buddhism really? Here Is A Preview Of What You'll Learn. Getting To Know Buddhism for the First Time The Life of the Buddha The Rise of Buddhism Buddhism: Is it a Religion or a Philosophy?...



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