



Buddhism for Beginners: From Traditional to Modern Buddhism

Tara Branson

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Many valuable books have been written by Eastern and Western scholars, Buddhists or non-Buddhists, to present the life and teachings of those who are interested in Buddhism.

Buddhism for beginners has never been explained so clearly; now you will easily understand everything that was unknown about Buddhism. Understanding Buddhist practices is not an easy thing to do, but now you have all the information in a single book, everything from traditional to modern Buddhism and theories. You have the opportunity to read not only theories, but valuable information that you can apply in the comfort of your own home.

You've probably heard about chakras, déjà vu, reincarnation or yoga, but have you ever tried to go deeper in the word's meaning? Have you ever wondered if it's possible to heal your physical state of being by healing your chakra? Have you ever wondered why things happen in your life, why aren't you lucky, why aren't you rich, why you've got ill? Now you will find all the answers you were looking for.

The book is split in two parts: theory and practice, so you'll have the chance to practice at home yoga exercises or apply different meditation techniques, as all the information are in this book.

Are you interested in your past life? Here you will find every step that you need to follow if you want to know more about yourself. This book is not about Buddhism for dummies, it is a book that will enlarge your horizons and will enrich your knowledge about this fabulous practice. Its aim is to contribute in a small degree to the understanding of the genuine teachings of the great Buddha.

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