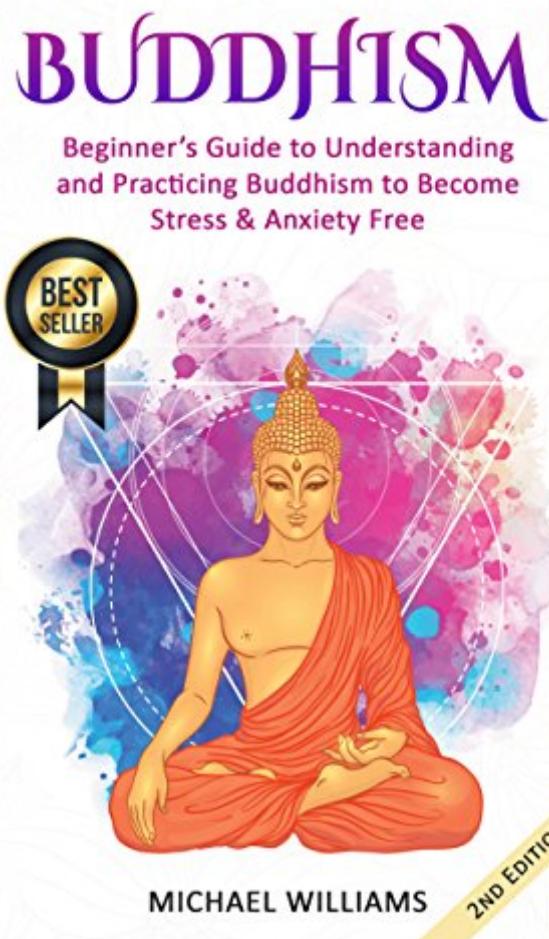


The book was found

Buddhism: Beginnerâ€™s Guide To Understanding & Practicing Buddhism To Become Stress And Anxiety Free (Buddhism For Beginners, Buddha, Zen Buddhism, Meditation For Beginners)





Synopsis

â^...Second Edition Now Available!â^..."No matter how hard the past, you can always begin again."

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Book Information

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Customer Reviews

for 1st time readers about Buddhism and interested in learning how it can help with stress, this is an amazing tool

A bit confusing

good basics

Thin book. Not enough information

A good high level overview of Buddhism. It gave a intro to a lot of the concepts but other books will be needed to continue the path.

Great learning!!!

If you are even thinking about Buddhism then this is a wonderful starter book. Easy to read and understand.

Transforming it has helped me & now my wife in a pursuit of peace in a relaxed & understanding pace

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