



Buddhism: The Art of Living A More Mindful Life (Buddhism For Beginners, Eightfold Path, Meditation & Buddhist Teachings)

Cure For The People

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Find Inner Peace & Stability We understand that stress and chaos dominate modern day life. We also know that every human being longs for **freedom from negativity** at some point. Through this book, we seek to highlight the teachings of Gautama Buddha, who was none other than the master of peace and tranquility. Buddha once said that he was neither god, nor an angel. He said he was merely “awake”. **So what is an “awakening”?** How do we achieve this state? **Whats inside?** This book will open the gates to the path to freedom and enable you to see the world in a different light. Buddhism is not merely a religion. It is the art and science of matters relating to the mind. The book will teach you about:

- The birth and evolution of Buddhism
- The story of Gautama Buddha
- Explanations on the mind boggling law of Karma
- Traditions and practices of Buddhism along with teachings of Buddha
- Effective meditation techniques and methods to incorporate into your daily life
- How to establish a mental and spiritual balance
- Various effective Buddhist meditation techniques
- Strategies to incorporate Buddhism in your daily life
- How to live in the present moment without being tormented by the past or future
- How to attain states of happiness, freedom, peace and consciousness
- Much, more more!

Free yourself from the chains of confusion and imbalance!

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