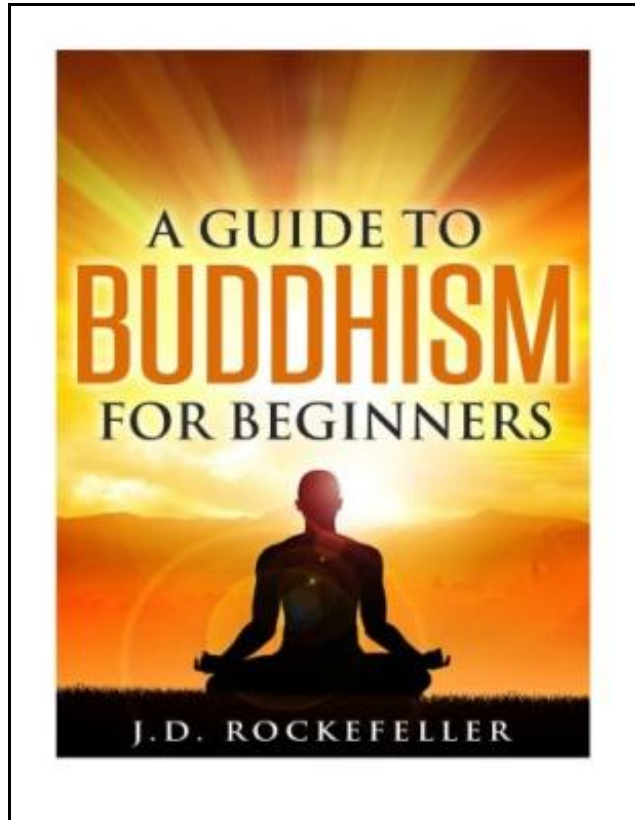


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.You may be disappointed with your own religion. It doesn't seem to be guiding you the way you expect a belief system to do. It is possible that there is a deep-seated resentment or pain that you are experiencing because of the suffering that you see around you. This may make you turn towards another belief system, probably Buddhism. Western society has often equated Buddhism with peace and calmness. It is associated with practicing meditation for stress relief. It is considered to be a way to find the purpose of your life. Whatever the reason, the fact is that more and more people are exploring Buddhism as a way of life. Maybe there is something about it that tells you, Yes, this is it. This is what can guide me in the right direction. But Buddhism is not just about letting your mind go blank and controlling your thoughts. It is a philosophy of life that teaches you about how to manage your life and relationships. It teaches compassion and about your oneness with God. In short, there are many things to Buddhism and this guide is meant to let you, the beginner, know about what all aspects of the religion you can learn and how you can incorporate these into your life.



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