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Buddhism for Beginners: A Practical Guide to Mindfulness & Awakening for a Fulfilling Life

Tashi Lingpa

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Want to lead a balanced life that is a middle path between pleasure and pain? Interested to follow a philosophy that will lead you to self-actualization? Do not believe in worshipping an idol or deity? Do you want to lead a fulfilling life by following the path of mindfulness? **Buddhism may be the solution.**

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