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Zen: Zen For Beginners - The Ultimate Guide To Incorporating Zen Into Your Life - A Zen Buddhism Approach To Happiness And Inner Peace

William Miyagi

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It's Time to Begin - Train Your Mind in the Tradition of the Zen Buddhists!

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You'll learn all about the basic concepts of Zen Buddhism, including:

- Dukka
- Samudaya
- Nirhodha
- Magga

Zen for Beginners provides a brief description of **The Eight Fold Path** to help you begin to understand this ancient and revered set of instructions for life and enlightenment!

You'll learn how meditation fits into the traditions and practices of Buddhism, and why it's such an important part of Zen. The meditation process is explained in detail, including how to **breathe correctly** to **focus your mind**. *Zen for Beginners* explores the many benefits of meditation, and how it can help you improve your lifestyle every day!

You'll even learn how to practice mindfulness in your daily life!

Remember - You don't need a Kindle device to read this book. Just download a FREE Kindle Reader on your computer, phone, or tablet!

Are you seeking a feeling of peace and tranquility?

Generations ago, a few amazing people discovered how to find true happiness and bliss. Zen is one of those traditions - start studying today and learn its ancient and life-changing practices!

Are you interested in Zen, but aren't sure where to start?

Zen for Beginners demystifies the subject of Zen, and explains it in straightforward terms that anyone can understand. It can help you unlock the secrets of this respected and honoured tradition.

Are you worried about all the suffering in the world? Would you like to help others - and yourself?

We see so many unhappy people in our everyday lives; what can you do to help? This book introduces Zen into your life to combat this suffering. When you're ready, you too can share this knowledge with the people in your world!

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