



**Buddhism for Beginners: The Ultimate Buddhism Guide: The Buddha's 4 Noble Truths as a Path to Enlightenment and A Life Of Happiness, Mindfulness & Peace! (Buddhism for Beginners, Zen)**

*Daniel James*

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## **Buddhism for Beginners**

### **The Ultimate Buddhism Guide: The Buddha's 4 Noble Truths as a Path to Enlightenment and A Life Of Happiness, Mindfulness & Peace! (Buddhism for Beginners, Zen)**

This book is a beginner's guide to Buddhism. It will introduce the reader to the origin of Buddhism and the teaching passed through the discipline. It will serve to educate the reader on the various ways they can be able to actualize a simple but happy life through Buddhism. It will enlighten the user on the various ways the Buddha worked to become enlightened and eventually got to rid himself of the suffering from life. This will teach the reader how to be able to do the same. The topics covered include:

What is Buddhism?

Buddha's History

The main branches of Buddhism

Buddhism Teaching: Part 1

The marks of existence

Skandhas

Realms

The Four Noble Truths

The Eightfold Path

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