



# **Buddhism For Beginners: A Guidebook On Understanding The Practice Of This Ancient Religion.**

*Rohan Ganesha*

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## **Buddhism for Beginners: A Guidebook On Understanding The Practice Of This Ancient Religion.**

Buddhism is one of the oldest religions known to mankind. A belief that was spurred by the philosophies and practices of Siddhartha Gautama almost 25 centuries ago, Buddhism has stood the test of time as a religion that celebrates life, explores a human beings philosophical existence and endeavours to achieve a state of awakening.

Practiced across various countries today, aspires to understand four noble truths that veers away from typical speculations of the existence of God and the afterlife.

### **In this book you will learn**

- What Buddhism is
- Who is the Buddha
- The basics of Buddha's teachings
- The four noble truths that practitioners of the religion seek to understand
- The concepts that surround Buddhism
- Different types of Buddhism
- The concept of karma and rebirth
- How purpose extends towards the beliefs in this religion.
- Different Buddhist traditions that you can practice.

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