



Buddhism For Beginners: Buddhism Basics, Meditation, Mindfulness Guide For Harmony, Inner Peace, Good Health, Happiness, High Energy Levels, Longevity

Brittany Samons

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A lot has been said about Buddhism with every scholar trying to understand and portray a scholarly approach to understanding Buddhism. Unfortunately, most of these studies and explanations are not useful especially when needed to serve as a guide of life, which Buddhism should be. Buddhism is a religion based on the teachings of Siddhartha Gautama (Buddha) who is the founder of Buddhism.

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