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Zen: Buddhism: 50 Spiritual Teachings from Buddhist to Enlightenment and True Happiness (Paperback)

By Kellie Sullivan

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Zen Buddhism- The Secrets Will Be Revealed! A Short Read With Easy To Apply Practical Tips Powerful Knowledge That Will Help You In No Time For Buddha, the path to a true happiness starts from the understanding of suffering?s root causes. Those people who are considering Buddha a pessimist due to his concern with the suffering have missed the right point. As a matter of fact, Buddha is a very skillful doctor and he can immediately break the bad news of suffering, but still prescribes proactive treatment course. In this representation, the medicine is Buddha?s teachings of compassion and wisdom known as the Dharma, as well as the nurses that show and encourage us to take our medicine are the Sangha or Buddhist community. However, the illness can only be treated if the patient is willing to follow the advice and the course of treatment laid by the doctor (Buddha) ? the Eightfold Path as the core that involves the control of mind. This book contains proven steps and strategies on how to know the spiritual teachings from the Buddhist to Enlightenment..



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