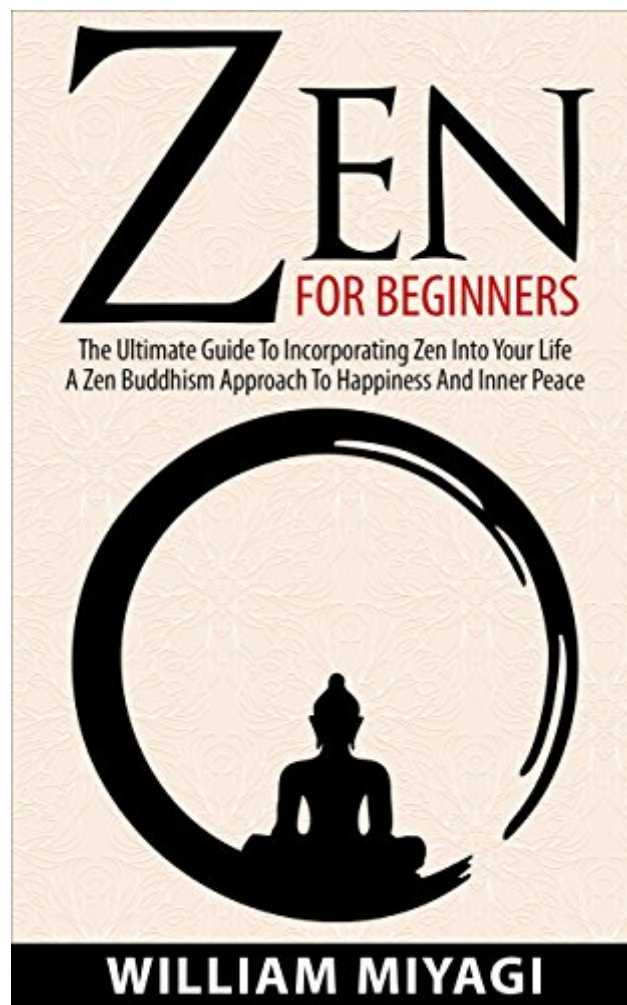


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# **Zen: Zen For Beginners - The Ultimate Guide To Incorporating Zen Into Your Life - A Zen Buddhism Approach To Happiness And Inner Peace**



## Synopsis

It's Time to Begin - Train Your Mind in the Tradition of the Zen Buddhists! Read This Book FREE on Kindle Unlimited - Download Now! 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! Download your copy of Zen for Beginners today!

## Book Information

File Size: 2664 KB

Print Length: 62 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 6, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B00Z2EL0EY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #197,253 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #12

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## Customer Reviews

A very informative book for a person like me who knows nothing about Zen. Reading this book, I've come to the realization that if you hold onto anger, what really happens is that it is not the object of your anger that feels bad, it is definitely you. I have always admire people that can control their anger and those who are always forgiving; traits that I'm lacking of :) But this book has helped me to make some changes quite a bit in my personality. Zen was written using straightforward terms so I never had a hard time comprehending what the author wants to convey to his readers. After reading this book, my scratch pad was filled with many positive 'thoughts on life'. I specifically love the quote of Gautama Buddha: "Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned." Precisely, we can't throw the hot coal at someone else without getting our hands burned! So why not disregard the thought of throwing? It also teaches us many ways to achieve Zen: be humble so we will be appreciative in life; don't let anger consume you for you will be the one who gets hurt and not the object of your anger; don't rush, always take your time, enjoy the moment. If you also love compiling positive 'quotes on life' like me, I am sure that you'll love this book as much as I do.

William Miyagi was able to show me more about Zen and how it can change the lives of many. I was truly inspired after reading this book. Like the author, I also want to achieve inner peace in my life. This is my first time and I am very interested to start doing this. I am so grateful for the help of this book. The guides were clearly stated and the author has really emphasized the importance of Zen in our lives and how to do it successfully. My goal is enrich my life and make it a happier and more fulfilled place to be. I believe that as long as I practice the exercises shown in this book, I will surely find my way forward in a much better way. This book has truly imparted information that will help me, as a new Zen practitioner to make the most of the time that I have on this Earth and to appraise the way that I let all the things around me change who I am. This book was an amazing read!

Though we all choose different paths according to our culture and temperament, the ultimate desire is the same: for the soul or "big I" to freely express itself, released from delusion. Whether you meditate or not, Miyagi provides useful and illuminating truths for anyone interested in becoming more mindful. This is the best non-academic introduction to Zen Buddhism that I've come upon. This book is about the importance of keeping an open mind and how this process can help you in your everyday life. The book captures the immediate wisdom of the Zen approach to mindfulness. It is the best demonstration of beginners mind that I know of and awakens that feeling of possibility in you immediately.

I enjoyed this book about how one man, William Miyagi, the author, found out how Zen gave him answers to everyday problems and that all answers lie within ourselves. We don't see the answers because the mind is too busy to see them. "All Zen does," says Miyagi, "is make the person that you are more aware and much happier than you think is possible...understanding what's inside you and how to use it to improve the way you look at life." He goes into the Four Noble Truths of Buddhism which have to do with suffering, its cause, how it always ends, and the path that we take to end it. He goes into detail about the Eight Fold Path, about meditation and mindfulness. A good overview of Buddhism and its simple road.

Everyone must have heard of the word Buddha regardless of their religion. His discovery and teachings of meditation are simply the world treasure which is helping billions of people have a peaceful mind and healthy life. This book covers the basics of that treasure, Zen. One does not have to be a Buddhist to practice Zen, it is there for everyone to access. I like the way the writer simplifies the basics of Zen so that even beginners can easily understand. The truth of suffering, its cause, how to end it. It is that simple, how Zen enlightens and brings peace to the mind, and accordingly, leads to a healthy and peaceful life. Beautiful reading!

What I love about this book is that the author has a very good intention why he has written this book - that is to introduce Zen into the lives of people who want to embrace this way of life in order to lessen the suffering and troubles of this world. It really sounded like he knows what he is saying and that he is constantly putting them all into practice. Actually, it is so refreshing to read these kinds of words from this book especially quotations from Gautama Buddha. My work is really stressful, so I am looking for a way to at least reflect and be quiet for awhile. Good thing I encountered this book. This would be very ideal to those who are suffering from stress and other forms of anxieties.

First of all, I want to say that I bought this book in a special discount. In addition, I really love this book because it is a very informative book for a person like me who knows nothing about Zen, I really like too because the book explains that some people are more mindful than others, and some are more affected by troubles in their lives than others as well. Finally, the book is full of interesting concepts and quotes. I was forgetting that it's like a religion that came true since century VI

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