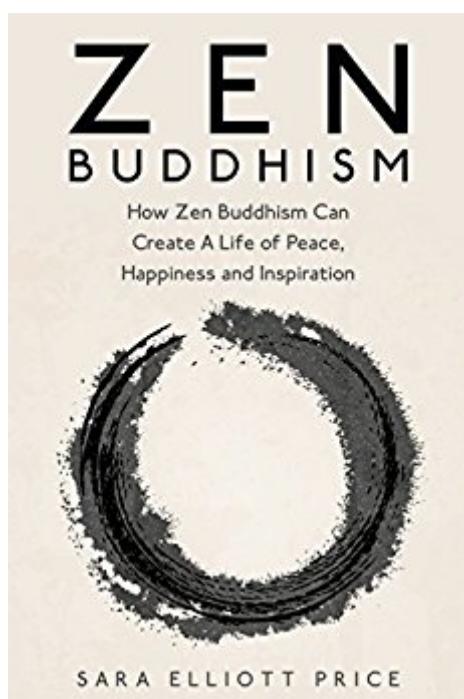


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# Zen Buddhism: How Zen Buddhism Can Create A Life Of Peace, Happiness And Inspiration (Zen Buddhism For Beginners, Zen, Zen Books)



## Synopsis

Zen Buddhism Can Give You More Peace, Focus And Happiness Than You Ever Thought Possible! Have you ever wondered about the meaning of life, felt lost and confused, or simply felt depressed and cynical about how crazy the world has become? Perhaps you want to know how to always feel peace in your heart or learn to live a highly focused life that can create an abundance of happiness? A lot of people face such questions at least once in their life, and Zen Buddhism is a great way to find guidance. To answer these questions people have wandered into religion, philosophy, and spirituality. There are thousands of different traditions in the world, that all try to answer these same basic questions that have haunted human beings for thousands of years. Zen Buddhism is one out of the many spiritual ways of looking at life, but it is unique among the rest as it doesn't try to directly answer these questions. Zen Focuses On Mindfulness And Experiencing True Enlightenment... It says that logic and reason can't be used to answer these questions about our purpose here on earth. Instead our connection to the universe can only be experienced first hand by sitting and meditating and learning to stay present in the moment. "Flow with whatever may happen, and let your mind be free: Stay centered by accepting whatever you are doing. This is the ultimate." - Zhuangzi Zen Buddhism has inspired and intrigued the logical western mind for hundreds of years. Slowly it has become very popular with the lay practitioners because of a lack of religious dogmas, rituals and an ease of practice that is unique to Zen Buddhism. Although Zen defies a logical definition, in this book you'll learn all about Zen and how you can apply it to your life. Here's A Preview Of What You'll Discover... ==> The history of Zen Buddhism ==> How Zen can improve every area of your life ==> Why it's not possible to logically "understand" Zen ==> The concepts used in Zen Buddhism ==> How to practice Zazen or sitting meditation ==> Where to find a Zen Teacher to continue your learning ==> How to use art to practice Zen Buddhism ==> How to apply the principles of Zen Buddhism in your daily life ==> Plus, so much more... As far as philosophies and spiritual traditions go, Zen Buddhism is the most paradoxical because it is not easy to understand through words but at the same time it is the easiest to practice. And if you practice Zen Buddhism, you'll 'see' what Zen is all about and it will help you erase all questions and doubts and live a peaceful and meaningful life. Experience the peace and happiness that practicing Zen Buddhism can bring to your life! Are You Ready To Get Started? ==> Scroll up and click the buy button to get your copy now.

## Book Information

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## Customer Reviews

Inner peace and calmness is what I always wanted to achieve in life and I know that everybody wants it too, this makes me remember a slogan in a cartoon movie, *Hakunama* *Matata*, it means no worries. It is indeed a great feeling to have no worries at all in life, but it seems impossible to achieve it since the world itself that we are living in is very chaotic. That is why I'm really glad I found this book that teaches how to achieve and practice Zen in life. It provides a great overview of Zen which is a very complex concept. Reading this book will somehow make you understand what Zen is all about. The book is easy to understand and the chapters are very cohesive, so, those who reads Zen book for the first time, like me, won't feel lost. Reading this book is a very good start to practicing Zen.

When I think of Zen, I imagine peace, tranquility, and silence. I imagine Buddhist monks meditating on top of a mountain. Fortunately for them, the setting calls for that feeling. And sadly for most people living in the city, the bustling areas are unforgiving, loud, and almost irritating. This book has

the potential to change a person's point of view and demeanor similar to the monks. Their are principles anyone can apply in their daily lives. And I'm lucky I've started on my own peaceful journey.

A nice, pleasant, reassuring little book that briefly summarizes Zen Buddhism. It's nothing that I haven't read or heard before but it's nice to hear it often. I especially would recommend it for those who are considering entrance to the practice.

The book is a very concise treatment of the subject. It provides a decent overview of Zen Buddhism but lacks any real depth.

This book is excellent for those who want to learn more about Zen. The book provides an excellent amount of background and enough information to get a newcomer started.

I'm a practicing zen Buddhist and have been looking for a good intro book about it for my curious family and I have just found it! It gives a great overview of zen and leaves a spark of excitement in the mind of the reader.

To be honest, I know very little about Zen Buddhism and this book has given me a lot of information about it. It's actually a very inspiring practice, something that will really give you peace of mind and will give you pure calmness within which I think is exactly what I need right now. I'd recommend this book!

Quite honestly. Easy to read, but holds the truth of learning to let go, and live in the NOW !! Speaks the real truth, of real happiness!!

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