



Buddhism: How to find inner peace in your daily life with Zen Meditation (buddhism for beginners, meditation for beginners, zen)

Djamel Boucly

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HOW TO FIND INNER PEACE IN YOUR DAILY LIFE WITH ZEN MEDITATION

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We live in a chaotic world and our minds are always in turmoil, poisoned by unnecessary worry. The good thing is that it does not have to be that way. There is a way that you can enjoy inner peace : ZEN

ZEN isn't a religion. It doesn't require you to believe in a supreme being. However, it does show you how to live a good life, how to focus your thoughts, and most importantly, how to live in the present moment.

Within this book's pages, you'll find the answers to these questions and more. Just some of the questions and topics covered include:

Finding Inner Peace The Zen Way

Where the path to inner peace starts

A Short Parable About Zen Buddhism

Beginning Meditation

Coming to Grips with Suffering

How Can Meditation Lead To Inner Peace?

Why Is Meditation A Core Value In The Practice Of Zen Buddhism?

How Meditation Increases Memory, Alertness, and Self-Awareness

Types of Buddhist Meditation

This book also teaches you how to get started. It's not a big deal, really, but you will never understand that until you get started. You just need to devote a little time. Did you know that sitting still and counting your breath for just two minutes every day is all you need to get you started?

It is. And you know what? That's what makes Zen meditation all the rage in the Western world. It is so easy to do. All the equipment that you need to get started is...well... just you!

DONT WAIT !!!

Download the book NOW and begin to incorporate Zen in your life!

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