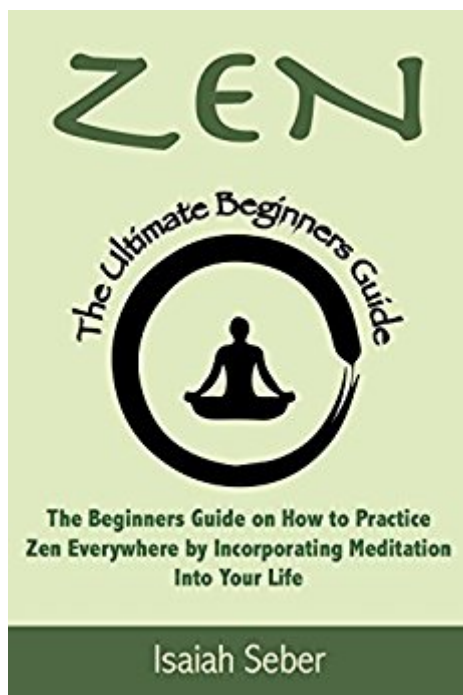


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Zen: The Beginners Guide On How To Practice Zen Everywhere By Incorporating Meditation Into Your Life (Buddhism - Improve Your Daily Life With Happiness And Inner Peace Using Meditation)



Synopsis

Find True Happiness and Unlock Your Inner Peace by Practicing Zen Now! Reading this short e-book about Zen Buddhism will be the easiest way to learn about Zen, meditation and how you can train your mind and ultimately change your life for the better. This book is great for beginners that want to get into Zen, because it's very simple to understand and it guides you every step of the way. Aside from learning about Zen Buddhism, you will also learn to practice the art of mindfulness and become stress free and unlock your inner peace. Please take a journey into this book and change your life forever! Ten things you will learn from this e-book include: 1) Where to find inspiration on your journey to enlightenment and how you can keep yourself motivated along the way. 2) Find out how the practice of Zen can help you improve your daily life both physically and mentally. 3) You will learn to ask yourself if Zen is in fact a good path for you to travel on. 4) Discover proven health benefits to the Zen lifestyle and how they will change the way you think about meditation. 5) Learn about some of the common misconceptions about meditation and Buddhism. 6) Together, we can learn how Zen meditation can be made simple enough for anyone to learn. 7) Find out who Buddha really was and what he wanted to teach his students and the rest of the world about spiritual enlightenment and self-sacrifice. 8) Journey into the next step of the half and full lotus positions. 9) Are you ready to change your entire life without giving up a life you love? See how meditation can make improvements to the joy you already share with your family and friends. 10) We will also look over the other styles of meditation for relaxation, not just Zen.

Book Information

File Size: 290 KB

Print Length: 27 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 12, 2016

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B01LWUIUJG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #617,260 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #39

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Customer Reviews

This book gives much to get information about Zen. Our suffering is exactly what makes life miserable and this is precisely where Zen comes in handy. It teaches us to slowly disengage ourselves from everything that makes us unaware of our beautiful present and avoid it, so we can acknowledge our blessings and be thankful for them. The best way to be mindful of the present and acknowledge it is by improving your concentration and focus, which can be attained by the amazing practice of meditation.

Isaiah Several does a great job keeping Zazen simple and straightforward. It is easy to get lost in the mysticism and hippiness that often comes with conversations about Zen meditation. He takes the mystery out and put you in its place. It is a quick read and if you are interested in an introduction to Zen meditation, this book is a great place to start. That being said, there were editing and proofreading issues in the book, but not enough of either to make it difficult to read. It is a trend that I have seen in many self-published works. But, Isaiah did a much better job of self-drive than others I have seen.

This is a thoroughly comprehensive guide, which removes all the mystery and explains how Zen is accessible and achievable for anyone. This gave me a nice practical guide in understanding Zen as a lifestyle. You should definitely give this a read if you are unsure of where to start or whether it is right for you, and the author makes it clear; Zen can be life changing for anybody.

I am not aware that we can apply Zen in order to achieve Peace of Mind & Happiness. Though i am not familiar about this but after reading through i might apply Zen in my daily life. It's a start to achieve happiness. The author explains very well what zen is, the famous four noble truths and much more. This book really hits on the basis of Buddhism and Zen practical applications. I took a lot of notes away from this one. Thanks for a good read.

I am super excited about this book- it offers some info that I did not know before, beyond a meditation guide. I look forward to reading more from this esteemed doctor and zen-expert. Highly recommend to anyone who wants to improve their ch'i and live a more zen life!

I found this book to be too basic and a short short book. Honestly, you can get all of the information for free by browsing the net.

This is a very easy read with a few basic hints on practicing meditation for the beginner..... position, breathing & mindfulness.

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