



# **Buddhism For Beginners: The Buddha's Four Noble Truths And The Eightfold Path To Enlightenment (Buddhism For Beginners, Buddha)**

*Diane Clarke*

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**You Can Be As Enlightened As Buddha With Buddhism For Beginners**

**Suffering is inevitable, but it has a cause and an end. Once you understand this you can begin on your path to enlightenment.**

**2 Free E-Book Gifts Inside.. 101 Spiritual Quotes & Command Your Life**

Join Diane Clarke as she teaches The Buddhas Four Noble Truths and the Noble Eightfold Path through which we can all reach enlightenment.

Buddhism For Beginners is exactly that, it starts from the basics of Buddhism, The Four Noble Truths.

Buddhism is an ancient wisdom tradition but no matter how much time has passed since he found enlightenment under the Bodhi tree, the teachings of Buddha will always be relevant. People all over the world can learn to live a better life through Buddhas Teachings.

Here in the western world we are confused. We live in a world where happiness is supposed to be the norm (although it is definitely not), leading us to believe if we feel we are suffering then we are doing something wrong.

In this book Diane explains how suffering is a part of everyday life and it is inevitable. We can however realise the cause of it, change our actions and reactions and eventually bring it to an end and attain enlightenment through the eightfold path. This is known as Nirvana and once reached, suffering can never return.

Diane has travelled through countries including Nepal, Thailand, Singapore, Tibet and China in search of spiritual guidance and enlightenment. In the pages of Buddhism For Beginners, she captures many of these teachings for you to consume easily without having to travel to the other side of the world, as much as she loved the travel she understands that not everyone can afford or take the time to do so. She hopes you can gain some insight into the world of Buddhism through her experience.

**Inside Buddhism For Beginners You Will Learn...**

- The Story of Buddha
- How He Attained Enlightenment
- How To Meditate Like Buddha
- The Workings Of Cause And Effect
- The Optimistic View Of Suffering
- Why We Don't Benefit From Being Told We Should Be Happy All The Time
- The Three Kinds Of Suffering
- Why Everything Is Impermanent

- The Origin Of Suffering
- The Five Aggregates And How To Deal With Them
- How To Achieve Liberation Of Suffering
- The Noble Eightfold Path To Enlightenment
- And A Lot More

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