



# Zen For Beginners: Achieve Today Your Happiness and Inner Peace With Zen Buddhism

*Alexander Yamashita*

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# Zen For Beginners: Achieve Today Your Happiness and Inner Peace With Zen Buddhism

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## Embrace The Zen Lifestyle

### Achieve Today Your Happiness with Zen Buddhism

In this book, you will learn the concepts of Zen lifestyle and how these can help you to achieve happiness and success in life. You will also learn how you can apply the concepts not only in your personal life but also to other aspects of your life such as in work and in relationships. You will discover how a Zen lifestyle can affect your life in a positive way.

#### **The Main Benefits of Zen**

- = > 1. Streamlined Way of Living: Through meditation, our minds will be able to tell the difference between needs (survival basics like food and shelter) and things we can do without (15 flavors of ice cream and three window treatments).
- = > 2. Deep Appreciation for Life Itself: We learn to appreciate the joy that we can gain from engaging in our daily tasks.
- = > 3. Increase in Self-knowledge: Spending our time in meditation while on Zen provides us a way to acknowledge our hidden fears without dwelling on them.
- = > 4. Recognition of What Is Important: Zen gives us the ability to identify which things should be valued and which should be discarded from our lives.
- = > 5. Service to Others: Because Zen enables us to accept ourselves, we gain the freedom to live life to the fullest by giving of ourselves to help others.

## Here Is A Preview Of What You'll Learn After Downloading The Zen For Beginners book

Much, much more!

**Take Action Right Away To Find Your Happiness through this Zen For Beginners book!! Download your copy today!**

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