

Buddhism 101: The Ultimate Guide to Understanding and Living a Buddhist Lifestyle

Lance Devoir



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If you'd like to learn about Buddhism, along with how to get started, this is the book for you!

Here's a preview of what Buddhism 101 contains:

- Understanding Buddhism
- The first Buddha and his teachings
- Buddhism all over the world!
- How to free your mind through Buddhism
- The concept of Karma Living in the moment
- The Buddhist way of life
- And much, much more!

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