

Buddhism continues to grow in popularity in the Western world as more and more people are becoming aware of Buddhist philosophies and the Buddha's teachings about the purpose of life and how a person can be the best version of himself on a daily basis. Approximately 350 million people around the world already practice Buddhism, and that number is growing by the day. You probably already know that the Buddhist religion explains how to take a different perspective on personal desires and materialism, poverty and social inequalities, and how to actually overcome worldly attitudes and unimportant concerns. But what exactly is Buddhism? And how did it begin? Who is the Buddha? And how do the Buddhist philosophies apply to your daily life? These questions - and more - are exactly what this book was designed to address. By the end of this short read, you will have a solid understanding of the Buddhist religion, including all the relevant facts, a brief overview of its history, and a strong foundation of its beliefs and principles from which to grow. So if you're ready to learn more and enhance your understanding about the Buddha's road to Nirvana, then let's get started!

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