



**Beginner's Zen: Discover how to achieve happiness, inner peace and mindfulness to live a fulfilled and inspired life through Zen Buddhism and meditation**

*Lindsey James*

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## **Beginner's Zen**

**Discover how to achieve happiness, inner peace and mindfulness to live a fulfilled and inspired life through Zen Buddhism and meditation**

For thousands of years millions of people all over the world have practiced Zen meditation, the study of the self, to achieve enlightenment.

Zen meditation teaches us how to rid the body of anxieties, fears, and many other harmful emotional tethers. The effects of these practices can help to boost immune functions and lessen stress.

### **In Beginner's Zen you will learn:**

- What Zen Buddhism is
- The origins of Zen Buddhism
- The Four Noble Truths of Zen Philosophy
- How To Walk The Eightfold Path
- Zen Meditation Techniques
- Zen Postures and Mudras

If you want to improve the quality of your life in a very big and personal way why not give Zen meditation a try. Let Zen meditation help you to escape anything that is causing you stress or anxiety.

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