



# Le Bouddhisme Pour Debutants (French Edition)

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Vous sentez-vous stressé(e)? Etes-vous dépassé(e) par les demandes et tâches du quotidien et souhaitez-vous être plus en paix et atteindre un état de pleine conscience?

La solution pour vous est : Le Bouddhisme Pour Débutants - Les Sept Etapes vers l'Eveil Spirituel pour les Débutants et les Moyens Faciles pour les Atteindre

Cet ouvrage est un outil utile pour atteindre l'éveil spirituel et constitue une source d'information à propos du Bouddhisme comme style de vie et pour vous accompagner sur le chemin de l'éveil.

Petit aperçu du Bouddhisme Pour Débutants :

- ✓ Comprendre les Quatre Vérités Nobles
- ✓ Comprendre le Chemin Noble (Et les Autres Chemins vers l'Eveil Spirituel)
- ✓ L'Acceptation
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