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Buddhism: A Practical Guide to Integrating and Practicing Buddhism in Everyday Life This book contains proven steps and strategies on how to practice and make Buddhism a part of your daily activities. One of the most prevalent and largely praised philosophies today, Buddhism is followed by millions of people all over the world.

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With key reminders on the importance of our body and suggestions on working with it in meditation, he also considers the distractions, how to set up and maintain a regular meditation practice, insight and further levels of consciousness.Born John Wilson in London, Paramananda was curious about Asian ideas but it was not until the death of his father that his interest in Buddhism was aroused.

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