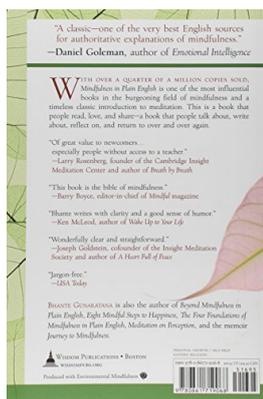


[PDF] Mindfulness In Plain English

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Books Details:

Title: Mindfulness in Plain English

Author: Bhante Henepola Gunaratana

Released: 2011-09-06

Language:

Pages: 224

ISBN: 0861719069

ISBN13: 9780861719068

ASIN: 0861719069

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With over a quarter of a million copies sold, *Mindfulness in Plain English* is one of the most influential books in the burgeoning field of mindfulness and a timeless classic introduction to meditation. This is a book that people read, love, and share - a book that people talk about, write about, reflect on, and return to over and over again.

Bhante Gunaratana is also the author of *Eight Mindful Steps to Happiness*, *Beyond Mindfulness in*

Plain English, The Four Foundations of Mindfulness in Plain English, and his memoir Journey to Mindfulness.

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