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Mindfulness In Plain English By Ven. Henepola Gunaratana. Preface In my experience I found that the most effective way to express something in order to make others understand is to use the simplest language. Also I learned from teaching that ... mindfulness. something. , ...

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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. The Amazon Book Review Author interviews, book reviews, editors' picks, and more. Read it now. Enter your mobile number or email address ...

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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 listen to, love, and share - a book that people talk about, write about, reflect on, and return to over and over again.

Beyond Mindfulness in Plain English - The Wisdom Experience

1 CHAPTER 1 The Concentration Path HOW MUCH FAITH DO YOU NEED? Though Buddhism is quite different from most religions, and is in some ways more akin to a kind of practical philosophy, the practices and teachings we will be exploring do come from a religious context, namely from Theravadan Buddhism.All you need to do is render the hindrances dormant. All religion depends on some kind of faith ...

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Concentration reduces monkey mind and obviously mindfulness is not possible when your mind is chaotically jumping from thing to thing. The reason beyond mindfulness came second is the book is more about developing really deep Jhana states. There are 8 Jhanas which you progress purely through concentration,...

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