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"A MASTERPIECE."—Jon Kabat-Zinn

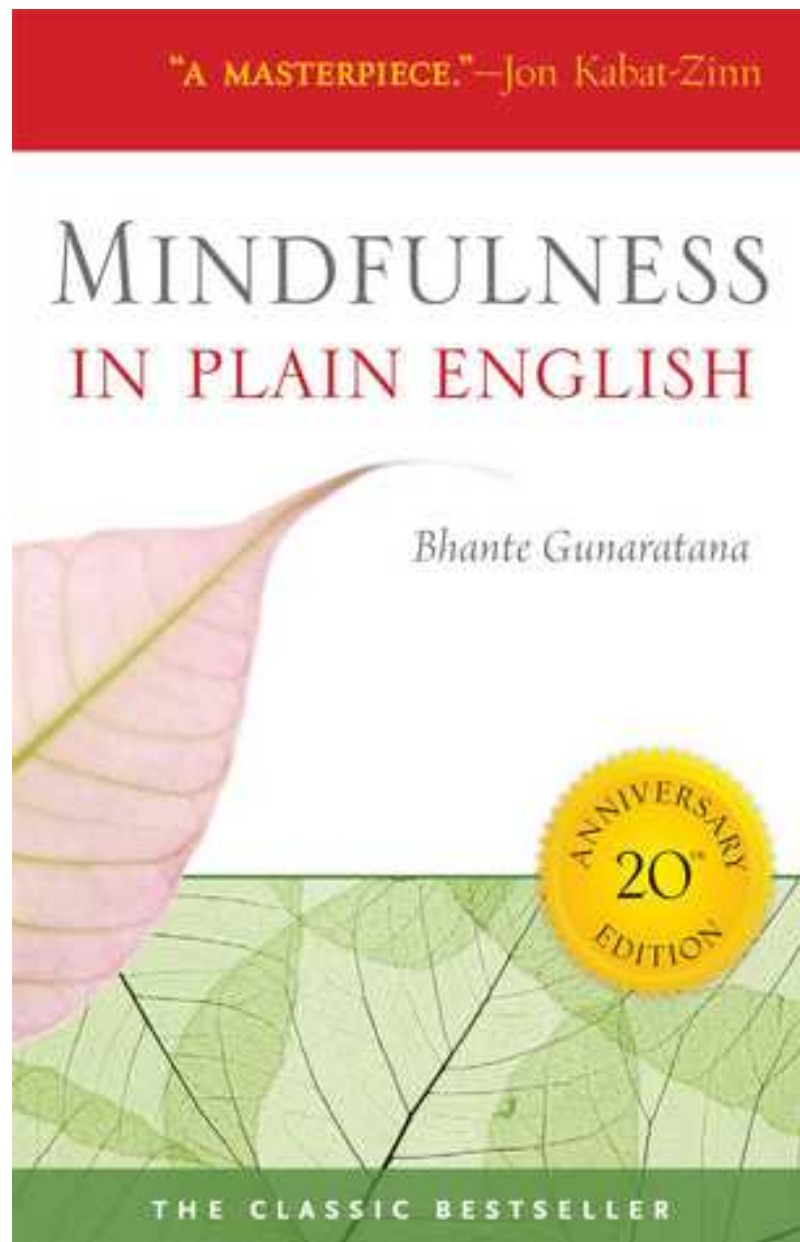
MINDFULNESS IN PLAIN ENGLISH

Bhante Gunaratana



THE CLASSIC BESTSELLER

Mindfulness in Plain English
by Henepola Gunaratana



Synopsis:=====

Author Bhante Gunaratana, a renowned meditation master, takes us step by step through the myths, realities, and benefits of meditation and the practice of mindfulness. This expanded edition includes the complete text of its predecessor along with a new chapter on cultivating loving kindness. For anyone who is new to meditation, this is a great resource for learning how to live a more productive and peaceful life.

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