

Eight Mindful Steps To Happiness Walking The Buddha S Path

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Eight Mindful Steps To Happiness

Typically then, in Eight Mindful Steps to Happiness, Gunaratana, who is the Buddhist chaplain at American University and the president of the Bhavana Society in the Shenandoah Valley of West Virginia, delves into the "Eightfold Path" of understanding, thinking, speech, action, livelihood, effort, mindfulness and concentration.

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The title of this book is Eight Mindful Steps to Happiness and it was written by Bhante Henepola Gunaratana. This particular edition is in a Paperback format. This books publish date is Jun 15, 2001 and it has a suggested retail price of \$17.95. It was published by Wisdom Publications and has a total of 288 pages in the book.

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Eight Mindful Steps to Happiness: "If you want to weed a garden, you have to be able to distinguish the weeds from the flowers." Such aphorisms fill Gunaratana's book, expressing the Buddhist sensibility that informs this simple yet profound book. For a reader who knows...

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"Eight Mindful Steps to Happiness is the perfect companion to Mindfulness in Plain English. Written with the thoroughness and the masterful simplicity so characteristic of his teaching, Bhante Gunaratana presents essential guidelines for turning the Buddha's teachings on the Eightfold Path into living wisdom."

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The book is "Eight Mindful Steps to Happiness: Walking the Buddha's Path". The approach and the style of writing adopted by Bhanthe Gunaratana are remarkable. The message is written in a simple manner pervading with a lot of wisdom.

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