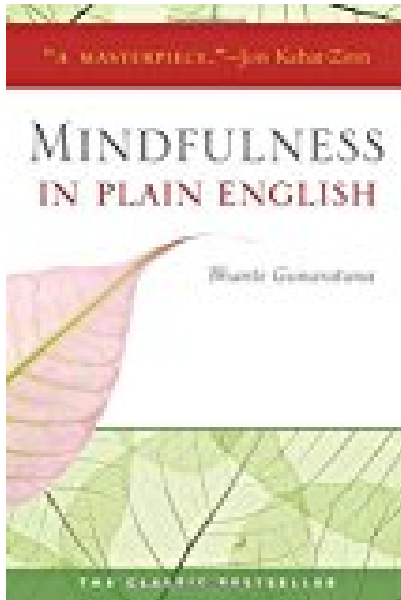


# Mindfulness in Plain English

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## BOOK DETAILS

- Author : Bhante Henepola Gunaratana
- Pages : 224 Pages
- Publisher : Wisdom Publications
- Language : English
- ISBN : 0861719069

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## BOOK SYNOPSIS

The bestselling, classic guide to insight meditation! Plain IN is a book that people give to everyone they know - a book that people talk about, write about, think about, and return to repeatedly. With his distinctive clarity and wit, Bhante G takes us step by step through the myths, realities, and benefits of meditation and the practice of mindfulness. We already have the foundation we need to live a more productive and peaceful life - Bhante simply points to each tool of meditation, tells us what it does, and how to make it work. This expanded edition includes the complete text of its bestselling predecessor, as well as a new chapter on the cultivation of loving kindness, an especially important subject in today's fractious world.

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