



# Mindfulness in Plain English: 20th Anniversary Edition

*Henepola Gunaratana*

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## **Mindfulness in Plain English: 20th Anniversary Edition** Henepola Gunaratana

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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