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bhante henepola gunaratana; born 7 december ... he is the author of the book mindfulness in plain english. bhante

gunaratana is currently the abbot of the ...

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HENEPOLA GUNARATANA (AUTHOR OF MINDFULNESS IN PLAIN ENGLISH)

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bhante henepola gunaratana is the founding abbot of the bhavana society. born in rural sri lanka, he has been a monk since age 12 and took full ordinatio...

MINDFULNESS IN PLAIN ENGLISH, BHANTE GUNARATANA ...

Wed, 12 Jul 2017 16:00:00 GMT

there are so many gems in the book, mindfulness in plain english. i read it last spring for the first time, in preparation for spending two months at bhavana society.

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bhante gunaratana is also the author of eight mindful steps to happiness, beyond mindfulness in plain english, ... and his memoir journey to mindfulness. ...

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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 ...

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here is the complete text of this popular book on vipassana (insight) meditation. some people say it's the best book ever written for beginning meditators. page 1.

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