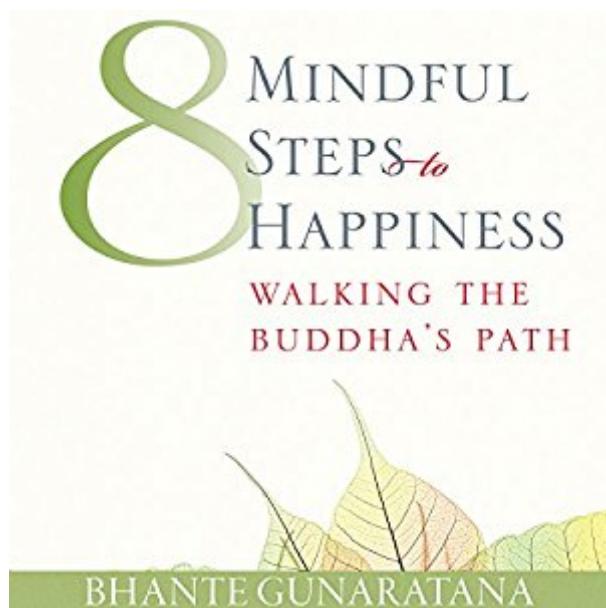


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# Eight Mindful Steps To Happiness: Walking The Path Of The Buddha



## **Synopsis**

In the same engaging style that has endeared him to listeners of Mindfulness in Plain English, Bhante Gunaratana delves deeply into each step of the Buddha's most profound teaching on bringing an end to suffering: the noble eightfold path. With generous and specific advice, Eight Mindful Steps to Happiness offers skillful ways to handle anger, to find right livelihood, and to cultivate loving-friendliness in relationships with parents, children, and partners, as well as tools to overcome all the mental hindrances that prevent happiness. Whether you are an experienced meditator or someone who's only just beginning, this gentle and down-to-earth guide will help you bring the heart of the Buddha's teachings into every aspect of your life. A Foreword Magazine Book of the Year Awards finalist (Spirituality/Inspirational)

## **Book Information**

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## **Customer Reviews**

I have read many of his other books and all I can say is that if you are interested in meditation and Buddhism, then Bhante H's books are a must. The Buddhist philosophy can become very confusing and many approach it in such an esoterical and intellectual way that it can go over your head or it feels as if you are banging your head into a wall. Bhante has the gift of writing clearly, beautifully expressing himself and at the same time making it all understandable without dumming down the content and the subject matter. This book or any of his other books are a must for anyone interested in learning more about Buddhism

Truly Buddhism in plain English. The author clearly instructs the reader on the path to happiness with insightful illustrations and brilliant clarity. The Eight Fold Path, meditation, and concentration are expressed with simple potency. The best book on the subject in my library - succeeding Humphreys, Goldstein, and Huber in succinctly expressing the Path.

If one wishes to read a well-written basic book on Buddhism, this is the one for you! There are so many misconceptions out there about what Buddhism is and if you really want to know about Theravada, read this well-written book.

Completely wonderful and insightful. A must-buy for meditation students.

This book is what I needed! I have been doing single pointed meditation for a few years now and I knew there was "more to it" than what I was doing. This book gave me the guidance that I was looking for and so much needed. I think this book would be a great book for anybody interested in exploring meditation or for anybody who is already an experienced mediator.

The Buddha is quoted as saying: "I teach one thing and one only: suffering and the end of suffering." Bhante G does a wonderful job in this book in showing that the 8-Fold Path contains the essence of the Buddha's teaching and is the roadmap to follow to end suffering. A lot of meditation books or basic Buddhism books focus strictly on meditation. Meditation is, of course, extremely important and spiritual progress is probably impossible without it. This book, however, shows how meditation is but one of the several tools available and necessary. A holistic practice that includes not only mental training, but also moral discipline supported by Skillful Understanding work together to raise the whole person. Read this book if you've already gotten a basic taste of Buddhism and are hungry for more - more depth and more details. You'll surely return time and again to this text as a guidebook and manual as you walk further down the Buddha's Path.

I read many books on Buddhism. This one is not concerned with presenting the subject in the scholarly manner but rather it focuses on explanation of the fundamental ideas and relate it to our lives in plain English. Just excellent! (After a year of having this book and frequently revisiting some of the chapters, I ordered two more copies for my sister and my daughter.)

This book is just right! It seemed to go on a bit too much sometimes but it's filled with wisdom and is

just a wonderful book to keep around as a reference ... and to actually refer to, or dip back into, on a regular basis.

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