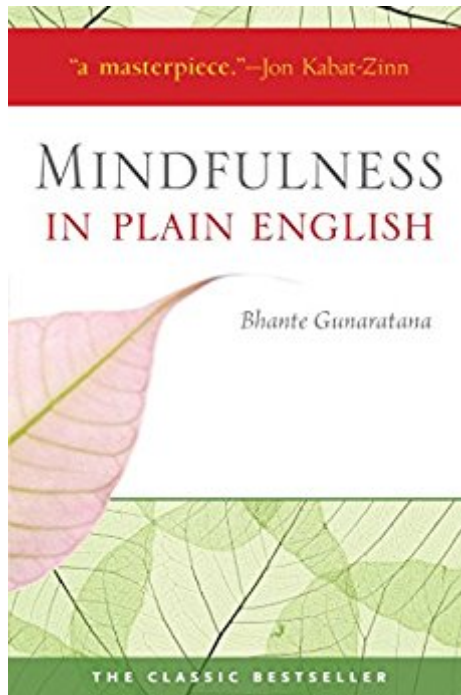




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Mindfulness In Plain English: 20th Anniversary Edition



Synopsis

“A masterpiece.” —Jon Kabat-Zinn
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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Customer Reviews

My son had another book about mindfulness which I really liked. He was home from business school this summer and his mentor loaned him the book. As a result, I decided to get a book about mindfulness. I got this and just in fast cruise reading, I wasn't sure I had made the best choice. However, I just relaxed and started to read and absorb the subject. Within reading a few pages, it was so enlightening and just what my mind needed. I'm in sales with over 100 accounts

with lots of multi-tasting required to be successful. It's teaching me to think clearer. But more important, teaching me to enjoy life more.

My biggest fear about this book was, I thought it would attack or take away from my belief's,....butit did not, it actually enhanced my belief's. Mindfulness in Plain English "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." I could not have said it better (that's why I copied it). I have shared this book, as a matter of fact, I bought this book 5 times to give to others. I reflect on this book. and I have returned to this book over and over. I hope that it will be available in audio soon so that I can listen to it while driving.

I absolutely adore this book and have read it several times. Its well written. Very straight forward and to the point. The teachings are very much common sense, but so challenging to put into practice. It's well worth the effort, though. I'm much better equipped to handle those times when things are not as easy or fun as you would like them to be. All humans would benefit from reading this!

Simple, clear instructions. How to meditate, what to do, what not to do. I've read many books on this subject, most of them esoteric and complex, which left me more puzzled than when I started, but this one clarified my mind and greatly improved my daily meditations. I recommend it to people who are just starting as well as those, like myself, who have become lost and confused in a sea of bewildering books.

I picked up this book after seeing a recommendation for it on Sam Harris's website. I have always known that my head was swarmed with constant thought about trivial things and getting worked up over things that have yet to happen/ never will happen. I decided to give this a try after trying to find a guide to meditation without the aligning of chakras and spiritual energies. This guide has NONE of that. It's plain and simple, no nonsense. The author even tells the reader that none of that is necessary. So if you're an atheist, like me, and want to learn how to meditate properly and learn to appreciate the small stuff in life and live in the present; this is the perfect guide.

I first read some of this book online and then ordered the paperback copy because I liked it so much. It really is a simple explanation of mindfulness and how to begin your practice, what to

expect, potential struggles you may face and suggestions on how to deal with them to progress in your mindfulness practice. It gives you a realistic overview and practical advice on meditation and mindfulness and the benefits and the challenges. Rather than speaking in overly mystical, religious or new age language, it just gets to the point. After all, the goal is to just start doing it, instead of spending years reading about it. I have recommended this book to many people already.

I'm not of the budhist faith, I am a Disciple of Christ and have been working on expanding my meditation and prayer practices so this has been very helpful. the book is really well written - plainly written and well explained book for either those developing practice in prayer/mindfulness meditation (yes Christians meditate as well) or have been doing so for some time. The insight is remarkable and explains well those parts of meditation that are hard to put into words sometimes. Thank you for sharing this with the world.Peace.

If you are interested in meditation and the path of mind fullness, you have probably read so e books and heard some lectures about the topic. The striking feature of most books is the lack of clear understanding of the author and what I call " mystical confusion". Meditation and mindfulness is a scientific method to cultivate certain skills pertaining to the human brain that will permit human to live a more fulfilling life with less suffering.Mystical confusion occurs when the authors do not fully understand the topic and get confused between the stories of saints and the actual essence of meditation.In this book the author does a great job at simplifying and explaining the practice of mindfulness meditation. Also explains in details several methods to deal with obstacles to meditation.My only criticism to it is it's redundancy and religion at times, but keep in mind that such perception is guided by experience in the matter and previous exposure to the topic.I recommend it as the excellent introductory book to the practice of mindfulness.

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