



Mindfulness in Plain English: 20th Anniversary Edition

By Henepola Gunaratana



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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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Editorial Review

Amazon.com Review

If you'd like to read about meditation and then go back to your regular life, don't get this book. Henepola Gunaratana, a monk from Sri Lanka and venerated teacher of Buddhism, warns us that vipassana meditation is "meant to revolutionize the whole of your life experience." In one of the best nuts-and-bolts meditation manuals, he lays out the fundamentals of basic Buddhist meditation, the how, what, where, when, and why, including common problems and how to deal with them. His 52 years as a Buddhist monk make *Mindfulness in Plain English* an authority on a living tradition, and his years of teaching in America and elsewhere give it the clarity and straightforwardness that has made it so popular. If you'd like to learn the *practice* of meditation, you can't do better. --*Brian Bruya*

Review

"A masterpiece." (Jon Kabat-Zinn)

"A classic--one of the very best English sources for authoritative explanations of mindfulness." (Daniel Goleman)

"Of great value to newcomers... especially people without access to a teacher." (Larry Rosenberg, author of *Breath by Breath*)

"This book is the bible of mindfulness." (Barry Boyce, editor of *Mindful* magazine and *The Mindfulness Revolution*)

"Wonderfully clear and straightforward." (Joseph Goldstein, author of *A Heart Full of Peace*)

"Pithy and practical." (*Shambhala Sun*)

"Jargon-free." (*USA Today*)

"Among the very best." (*Tricycle*)

"A classic." (*Inquiring Mind*)

"Profound...a classic interpretation of Vipassana meditation practice." (*The Middle Way*)

From the Back Cover

"Time and time again, the student is told to...meditate, meditate, meditate. But how? Venerable Gunaratana's book answers how." -Chris O'Keefe

"Mindfulness in Plain English is just that--a wonderfully clear and straightforward explanation of mindfulness meditation. Venerable Gunaratana has done a valuable service in writing this book. It will be of great help to all who read it." -Joseph Goldstein

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