



Eight Mindful Steps to Happiness: Walking the Buddha's Path

Bhante Henepola Gunaratana

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From the best-selling author of *Mindfulness in Plain English!*

In his classic and engaging style, Bhante Gunaratana delves deeply into the noble eightfold path, the Buddha's most profound teaching on bringing an end to suffering.

With easy-to-understand and specific advice, *Eight Mindful Steps to Happiness* offers skillful ways to handle anger, find right livelihood, cultivate loving-friendliness, and overcome 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.

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