

## Beyond Mindfulness In Plain English

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1 The Concentration Path - The Wisdom Experience

*Beyond Mindfulness In Plain English*

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### PHELPS ALANI

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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. The Amazon Book Review Author interviews, book reviews, editors' picks, and more. Read it now. Enter your mobile number or email address ...