

Eight Mindful Steps To Happiness Walking The Buddhas Path Henepola Gunaratana

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Amazon.com: Eight Mindful Steps to Happiness: Walking the ...

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Book Summary: The title of this book is Eight Mindful Steps to Happiness and it was written by Bhante Henepola Gunaratana. This particular edition is in a Paperback format. This book's publish date is Jun 15, 2001 and it has a suggested retail price of \$17.95. It was published by Wisdom Publications and has a total of 288 pages in the book.

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Eight Mindful Steps to Happiness: Walking the Path of the ...

Clear and straightforward, the reader feels just how possible and practical it is to lead a happy life. Highly recommended., Bhante Gunaratana's wonderful new book is a practical and personal guide for those truly interested in what it means to be happy., " Eight Mindful Steps to Happiness is the perfect companion to Mindfulness in Plain English .

Eight Mindful Steps to Happiness : Walking the Buddha's

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The book is 'Eight Mindful Steps to Happiness: Walking the Buddha's Path'. The approach and the style of writing adopted by Bhanthe Gunaratana are remarkable. The message is written in a simple manner pervading with a lot of wisdom.

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