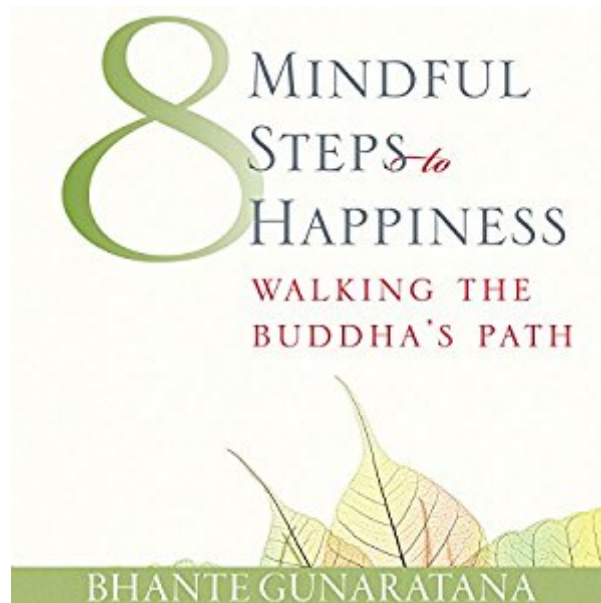




Ebook Directory
the best source of ebook

The book was found

Eight Mindful Steps To Happiness: Walking The Path Of The Buddha



Synopsis

In the same engaging style that has endeared him to listeners of *Mindfulness in Plain English*, Bhante Gunaratana delves deeply into each step of the Buddha's most profound teaching on bringing an end to suffering: the noble eightfold path. With generous and specific advice, *Eight Mindful Steps to Happiness* offers skillful ways to handle anger, to find right livelihood, and to cultivate loving-friendliness in relationships with parents, children, and partners, as well as tools to overcome all 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. A Foreword Magazine Book of the Year Awards finalist (Spirituality/Inspirational)

Book Information

Audible Audio Edition

Listening Length: 9 hours 41 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Audible Studios

Audible.com Release Date: April 14, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01E7SME40

Best Sellers Rank: #67 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Theravada #183 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #365 in Books > Religion & Spirituality > Religious Studies > Philosophy

Customer Reviews

I have read many of his other books and all I can say is that if you are interested in meditation and Buddhism, then Bhante H's books are a must. The Buddhist philosophy can become very confusing and many approach it in such an esoterical and intellectual way that it can go over your head or it feels as if you are banging your head into a wall. Bhante has the gift of writing clearly, beautifully expressing himself and at the same time making it all understandable without dummying down the content and the subject matter. This book or any of his other books are a must for anyone interested in learning more about Buddhism

Truly Buddhism in plain English. The author clearly instructs the reader on the path to happiness with insightful illustrations and brilliant clarity. The Eight Fold Path, meditation, and concentration are expressed with simple potency. The best book on the subject in my library - succeeding Humphreys, Goldstein, and Huber in succinctly expressing the Path.

If one wishes to read a well-written basic book on Buddhism, this is the one for you! There are so many misconceptions out there about what Buddhism is and if you really want to know about Theravada, read this well-written book.

Completely wonderful and insightful. A must-buy for meditation students.

This book is what I needed! I have been doing single pointed meditation for a few years now and I knew there was "more to it" than what I was doing. This book gave me the guidance that I was looking for and so much needed. I think this book would be a great book for anybody interested in exploring meditation or for anybody who is already an experienced mediator.

The Buddha is quoted as saying: "I teach one thing and one only: suffering and the end of suffering." Bhante G does a wonderful job in this book in showing that the 8-Fold Path contains the essence of the Buddha's teaching and is the roadmap to follow to end suffering. A lot of meditation books or basic Buddhism books focus strictly on meditation. Meditation is, of course, extremely important and spiritual progress is probably impossible without it. This book, however, shows how meditation is but one of the several tools available and necessary. A holistic practice that includes not only mental training, but also moral discipline supported by Skillful Understanding work together to raise the whole person. Read this book if you've already gotten a basic taste of Buddhism and are hungry for more - more depth and more details. You'll surely return time and again to this text as a guidebook and manual as you walk further down the Buddha's Path.

I read many books on Buddhism. This one is not concerned with presenting the subject in the scholarly manner but rather it focuses on explanation of the fundamental ideas and relate it to our lives in plain English. Just excellent! (After a year of having this book and frequently revisiting some of the chapters, I ordered two more copies for my sister and my daughter.)

This book is just right! It seemed to go on a bit too much sometimes but it's filled with wisdom and is just a wonderful book to keep around as a reference ... and to actually refer to, or dip back into, on a regular basis.

[Download to continue reading...](#)

Eight Mindful Steps to Happiness: Walking the Path of the Buddha Eight Mindful Steps to Happiness: Walking the Buddha's Path Buddha's Belly : Recipes For An Enlightened Mind: Mindful and Healthy Eating Based on Buddha's Diet Philosophy. Asian Vegetarian Cookbook Meals to Connect ... Your Inner Soul (Buddha's Belly Series 1) 12 Steps on Buddha's Path: Bill, Buddha, and We Dorset & South Devon Coast Path: (Sw Coast Path Part 3) British Walking Guide With 70 Large-Scale Walking Maps, Places To Stay, Places To Eat (Trailblazer: Sw Coast Path) Exmoor & North Devon Coast Path: (Sw Coast Path Part 1) British Walking Guide With 53 Large-Scale Walking Maps, Places To Stay, Places To Eat (British ... Exmoor & North Devon Coast Path Minehead) Pembrokeshire Coast Path: British Walking Guide: 96 large-scale Walking Maps & Guides to 47 Towns and Villages - Planning, Places to Stay, Places to Eat - Amroth to Cardigan (British Walking Guides) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) The New Eight Steps to Happiness: The Buddhist Way of Loving Kindness Old Path White Clouds: Walking in the Footsteps of the Buddha Savor: Mindful Eating, Mindful Life The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Buddha is As Buddha Does: The Ten Original Practices for Enlightened Living Buddha, Vol. 6: Ananda (Buddha (Paperback)) Buddha's Belly - Authentic Flavors From The East: Healthy, Flavorful Buddhist Recipes Cookbook from Nepal , Tibet , Bhutan , Myanmar, Laos , Cambodia. ... Consciously (Buddha's Belly Series 2) In the Buddha's Words: An Anthology of Discourses from the Pali Canon (The Teachings of the Buddha) Buddha Heart, Buddha Mind: Living the Four Noble Truths The Buddha's Teachings on Social and Communal Harmony: An Anthology of Discourses from the Pali Canon (The Teachings of the Buddha) The Middle Length Discourses of the Buddha: A Translation of the Majjhima Nikaya (The Teachings of the Buddha)

Contact Us

DMCA

Privacy

FAQ & Help