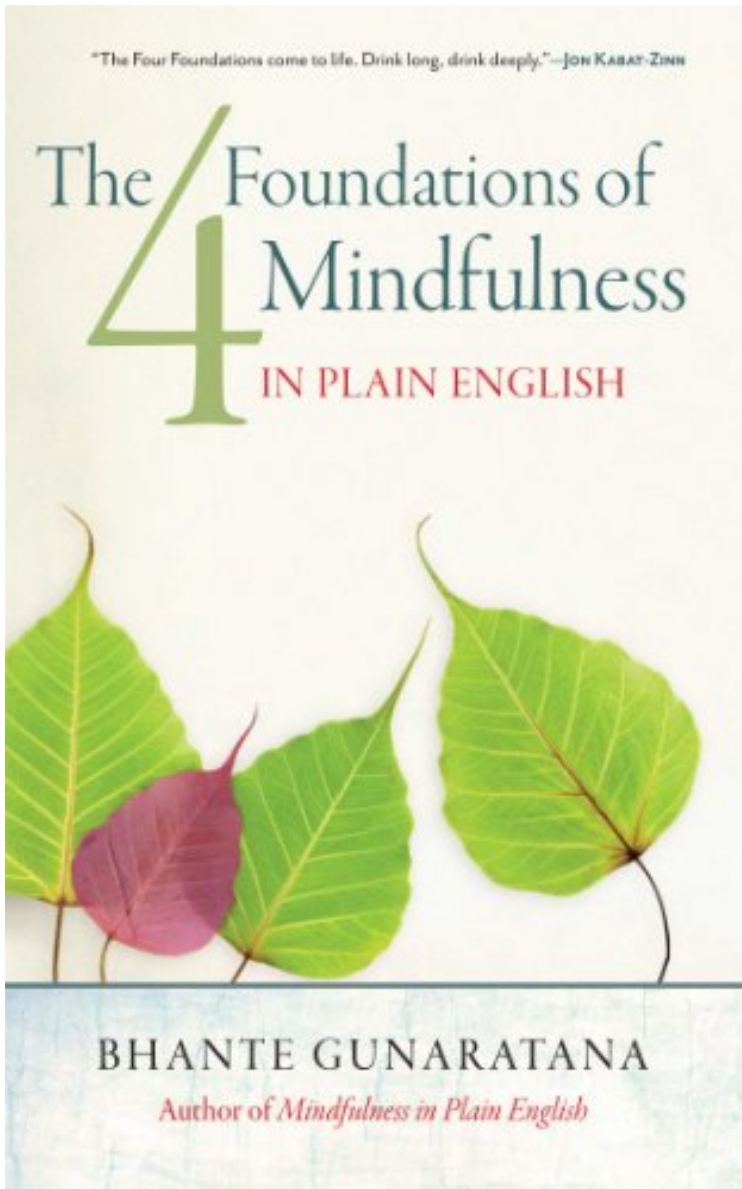


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# The Four Foundations of Mindfulness in Plain English (English Edition)



*Par Henepola Gunaratana*  
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his trademark "plain English" style. Contemplating the Four Foundations of Mindfulnessmindfulness of the body, of feelings, of the mind, and of phenomena themselvesis recommended for all practitioners. Newcomers will findThe Four Foundations of Mindfulness in Plain Englishlays a strong groundwork for mindfulness practice and gives them all they need to get started right away, and old hands will find rich subtleties and insights to help consolidate and clarify what they may have begun to see for themselves. People at every state of the spiritual path will benefit from reading this book.Revue de presse"Bhante G's calming tone will put even the newest dharma practitioner at ease." (Tricycle)"The Four Foundations of Mindfulness are themselves foundational. The Buddha referred to this teaching as "the direct path for the purification of beings... and for the realization of liberation." In Bhante Gunaratana's experienced hands, all its facets really do come to life in plain English, for the potential benefit of those who drink it in. My advice: Drink long, drink deeply." (Jon Kabat-Zinn, author of Mindfulness for Beginners)"Those of us who have come to treasure this author's other classic works will not be disappointed, and those new to this author's writing will also find this a delightful read." (SweepingZen.com)"Bhante Gunaratana's works stand out for their depth of wisdom, clarity of expression, and warm-hearted accessibility. The Four Foundations of Mindfulness in Plain English continues this tradition of exceptionally helpful dharma teachings." (Joseph Goldstein, author of A Heart Full of Peace)"How wonderful--the latest installment of Bhante's series of invaluable guides to the Buddha's teaching: The Satipatthana Sutta. This text is the source of all mindfulness meditation and is presented in the simple, crystal clear way that marks all of Bhante's previous books. Simple, Clear and practical, without losing any of the profound depth that is inherent to these teachings. Highly recommended for all new and experienced meditators interested in the mindfulness approach to wisdom and compassion." (Larry Rosenberg, author of Breath by Breath)"A joyous gift from this beloved teacher. As ever, Bhante Gunaratana's style is plain and simple but its clarity and depth is profound. A most welcome addition." (Mu Soeng, author Heart of the Universe and The Diamond Sutra)"Bhante Gunaratana makes one of the most profound and transformative sutras of the Buddha accessible to the modern mind. With great care and precision he moves the reader to a mindful investigation of his or her experience, opening wide the doorway of liberation. This is a wonderful addition to the Plain English series." (Matthew Flickstein, author of The Meditator's Workbook and The Meditator's Atlas)"A new book from Bhante Gunaratana is always cause for celebration. His new work, The Four Foundations of Mindfulness in Plain English, is essential for deepening our understanding of mindfulness practice. It's a comprehensive mindfulness manual!" (Toni Bernhard, author of How to Be Sick)Présentation de l'auteurIn simple and straightforward language, Bhante Gunaratana shares the Buddha's teachings on mindfulness and how we can use these principles to improve our daily lives, deepen our mindfulness, and move closer to our spiritual goals.Based on the classic Satipatthana Sutta, one of the most succinct yet rich explanations of meditation, Bhante's presentation is nonetheless thoroughly modern. The Satipatthana Sutta has become the basis of all mindfulness meditation, and Bhante unveils it to the reader in his trademark "plain English" style. Contemplating the Four Foundations of Mindfulnessmindfulness of the body, of feelings, of the mind, and of phenomena themselvesis recommended for all practitioners. Newcomers will findThe Four Foundations of Mindfulness in Plain Englishlays a strong groundwork for mindfulness practice and gives them all they need to get started right away, and old hands will find rich subtleties and insights to help consolidate and clarify what they may have begun to see for themselves. People at every state of the spiritual path will benefit from reading this book.