



# Mindfulness in Plain English: 20th Anniversary Edition

*Henepola Gunaratana*

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## **Mindfulness in Plain English: 20th Anniversary Edition** Henepola Gunaratana

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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*.

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