

Eight Mindful Steps To Happiness Walking The Buddhas Path
Henepola Gunaratana

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Typically then, in Eight Mindful Steps to Happiness, Gunaratana, who is the Buddhist chaplain at American University and the president of the Bhavana Society in the Shenandoah Valley of West Virginia, delves into the "Eightfold Path" of understanding, thinking, speech, action, livelihood, effort, mindfulness and concentration.

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Eight Mindful Steps to Happiness, Bhante Henepola Gunaratana, Wisdom Publications, Paperback, 268 pages, \$16.95 Bhante Henepola Gunaratana was ordained as a Buddhist monk at the age of 12. He earned a Ph.D. in philosophy from The American University, and has taught courses in Buddhism at several American colleges.

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