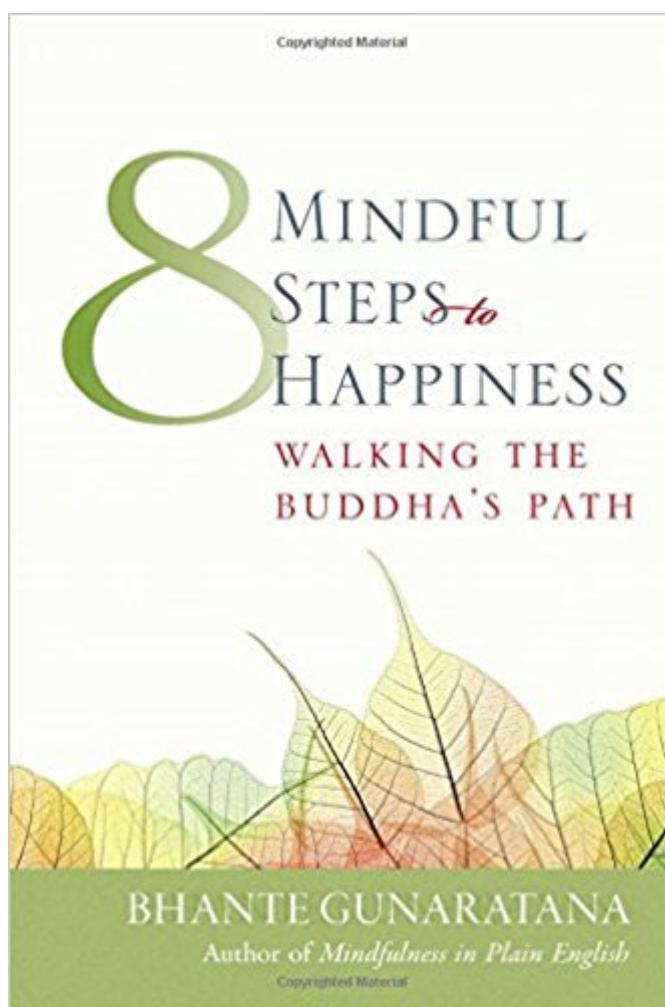


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# Eight Mindful Steps To Happiness: Walking The Buddha's Path



## Synopsis

From the best-selling author of *Mindfulness in Plain English*! In his classic and engaging style, Bhante Gunaratana delves deeply into the noble eightfold path, the Buddha's most profound teaching on bringing an end to suffering. With easy-to-understand and specific advice, *Eight Mindful Steps to Happiness* offers skillful ways to handle anger, find right livelihood, cultivate loving-friendliness, and overcome 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.

## Book Information

Paperback: 288 pages

Publisher: Wisdom Publications (June 15, 2001)

Language: English

ISBN-10: 0861711769

ISBN-13: 978-0861711765

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 99 customer reviews

Best Sellers Rank: #149,523 in Books (See Top 100 in Books) #54 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Theravada #280 in Books > Books > Religion & Spirituality > Religious Studies > Philosophy #348 in Books > Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts

## Customer Reviews

Meditation is like walking toward happiness. And Bhante Henepola Gunaratana is like a tireless bricklayer, constructing a path brick by brick that allows us to make that walk. Without the path, he says, all the walking in the world won't help. Of course, as a Buddhist monk, his blueprint was created long ago in the form of the Buddha's so-called Noble Eightfold Path. In the same clear language that has made his *Mindfulness in Plain English* a perennial favorite, *Eight Mindful Steps to Happiness* is his attempt to explain this timeless path of morality, concentration, and wisdom. The gist of the book comes down to the use of the word skillful in the heading of each of the book's chapters. Living well is a skill that takes both practice and understanding. With stories, bulleted summaries, quotes from the sutras, and, most of all, a knack for relating to our everyday concerns,

Henepola Gunaratana skillfully teaches us how to refrain from causing others to suffer. This, along with ending our own suffering, leads to happiness. --Brian Bruya

In the books for Buddhist beginners that now crowd the shelves it is common to find explications of the faith's various tenets serving to structure and sometimes to title the works. 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. Each chapter devoted to these efforts explains the wisdom of these skillful pursuits and then closes with a "key points" list to summarize highlights. This work is best suited to readers who are very new to Buddhism or who want a taste of the tradition served in a thoroughly American style. Gunaratana (*Mindfulness in Plain English*) writes in a very simple form and uses highly accessible illustrations to teach. For example, "Even though unskillful deeds may bring temporary happiness when, for example, a drug dealer is pleased with his shiny new car the Buddha pointed out that wrong actions always lead to harm." Though this book is too elemental for most devoted practitioners and does not particularly distinguish itself among the many of its ilk, it may find a useful berth where many voices and versions are generally desirable. Copyright 2001 Cahners Business Information, Inc.

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 dumming 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.

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