

Eight Mindful Steps To Happiness Walking The Buddhas Path

Henepola Gunaratana

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Eight Mindful Steps to Happiness By Bhante Henepola Gunaratana Published by Wisdom Publications Boston, 2001 ISBN: 0-86171-176-9 This well known Buddhist monk, born in Sri Lanka educated in the US and teacher of Buddhism in several American and foreign universities, and presently at his

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