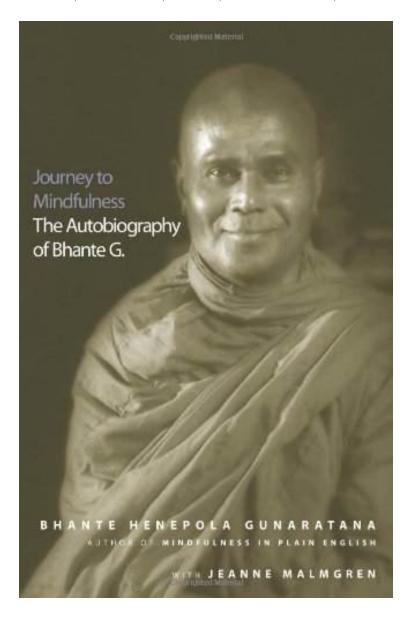
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human side to a person that I admire realizing that even monks with years of practice still have to continue battling the defilements hindrances that us laypeople regularly contend with Mindfulness in plain english is the first book I read to really explain things clearly pragmatically and is the one Bhante Gunaratana Bhante G as he is affectionately called has long been among the most beloved Buddhist teachers in the West Ordained at twelve he would eventually become the first Buddhist chaplain at an American university the founder of a retreat center and monastery and a bestselling author Here Bhante G lays bare the often surprising ups and downs of his seventy five years from his boyhood in Sri Lanka to his decades of sharing the insights of the Budd From Publishers Weekly This is a most refreshing book from a Buddhist meditation teacher who lays bare his human failings and admits they are as much a part of his life as his achievements It is also a fascinating globe and culture crossing autobiography of a

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