



Eight Mindful Steps to Happiness: Walking the Buddha's Path

By Bhante Henepola Gunaratana

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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-kindness, 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.

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Editorial Review

Amazon.com Review

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*

From Publishers Weekly

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.

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Review

"Eight Mindful Steps to Happiness is the perfect companion to *Mindfulness in Plain English*. Written with the thoroughness and the masterful simplicity so characteristic of his teaching, Bhante Gunaratana presents essential guidelines for turning the Buddha's teachings on the Eightfold Path into living wisdom." (Larry Rosenberg, author of *Breath by Breath*)

"Bhante Gunaratana's wonderful new book is a practical and personal guide for those truly interested in what it means to be happy." (Sharon Salzberg, author of *Lovingkindness*)

"Clear and straightforward, the reader feels just how possible and practical it is to lead a happy life. Highly recommended." (Joseph Goldstein, author of *Insight Meditation*)

Users Review

From reader reviews:

Alyssa Lewis:

In this 21st millennium, people become competitive in every way. By being competitive now, people have do something to make these individuals survives, being in the middle of typically the crowded place and notice simply by surrounding. One thing that sometimes many people have underestimated the item for a while is reading. Yep, by reading a guide your ability to survive improve then having chance to endure than other is high. To suit your needs who want to start reading a new book, we give you this Eight Mindful Steps to Happiness: Walking the Buddha's Path book as nice and daily reading reserve. Why, because this book is more than just a book.

Morris Reyna:

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Linda Manning:

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