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Mindfulness is a natural ability. Mindfulness allows us to choose what part of the present moment we want to pay attention to. And what we pay attention to matters. What we pay attention to can be the difference between an experience of ease and well-being and wholeness, versus one of irritation, anxiety, and restlessness.

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Mindfulness Plain & Simple Quotes Showing 1-1 of 1 "Imagine sitting in your car with the engine running. You notice the noise of the engine and, not understanding that the noise comes from the engine, you decide to leave this noisy place and find some peace.

[The Four Foundations of Mindfulness in Plain English - AudioBB](#)

In the same engaging style that has endeared him to listeners of Mindfulness in Plain English, Bhante Gunaratana delves deeply into each step of the Buddha's most profound teaching on bringing an end to suffering: the noble eightfold path. With generous and specific advice, Eight Mindful Steps to Happiness offers skillful ways to handle anger, to find right livelihood, and to cultivate loving ...

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Post script: There has been a lot of talk about 'mindfulness' these days and countless books and articles written about living in the moment. While this is certainly a healthy approach to living our days, it is really not a new phenomenon – just ask any child. ... More Plain and Simple. Plain and Simple on Facebook. Plain and Simple on ...

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[Mindfulness Plain & Simple By Oli Doyle | Used ...](#)

Editions for Mindfulness in Plain English: 0861713214 (Paperback published in 1996), (Kindle Edition published in 2011), 0861719069 (Paperback published ...

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[The Four Foundations of Mindfulness in Plain English ...](#)

His first book, MINDFULNESS PLAIN AND SIMPLE is aimed at people new to mindfulness and offers an easy way in to the discipline, helping people learn how to be mindful and find peace and happiness. Oli Doyle first started practising mindfulness in 2003, and all he could find were books by the Dalai Lama and other Buddhist writers.

[Beyond Mindfulness in Plain English by Bhante Henepola ...](#)

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