



Mindfulness, Bliss, and Beyond: A Meditator's Handbook

Ajahn Brahm

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Meditation: it's not just a way to relax, or to deal with life's problems. Done correctly, it can be a way to radically encounter bliss and to begin - and sustain - real transformation in ourselves.

In *Mindfulness, Bliss, and Beyond*, self-described meditation junkie Ajahn Brahm shares his knowledge and experience of the jhanas - a core part of the Buddha's original meditation teaching. Never before has this material been approached in such an empowering way, by a teacher of such authority and popularity.

Full of surprises, delightfully goofy humor, and entertaining stories that inspire, instruct, and illuminate, *Mindfulness, Bliss, and Beyond* will encourage those new to meditation, and give a shot in the arm to more experienced practitioners as well.

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