



Recommended Books

Introducing Buddhism	Meditation	<b>Mindfulness</b>	Developing Buddhism	Advanced Buddhism
----------------------	------------	--------------------	---------------------	-------------------

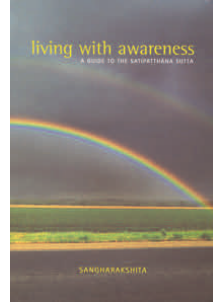


**Life with Full Attention**  
By Maitreyabandhu

This eight-week course in mindfulness will help you to enrich your everyday experience. It also provides a solid foundation for your meditation practice.

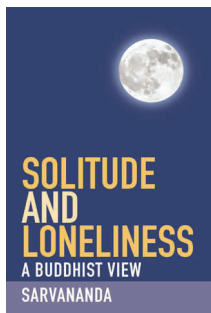
**Living with Awareness**  
By Sangharakshita

*Living with Awareness* is a commentary on the *Satipatthana Sutta*, one of the Buddha's foremost discourses on mindfulness.

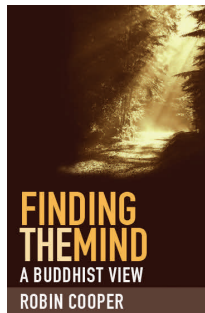


**A Buddhist view**

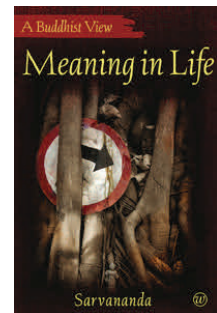
**Solitude and Loneliness**  
By Sarvananda



**Finding the Mind**  
By Robin Cooper



**Meaning in Life**  
By Sarvananda



This series offers practical perspectives on living a Buddhist life today. Do we 'go it alone' or not? What is 'mind'? Do you have a 'why' to live for?

**Books to help you deepen your practice**

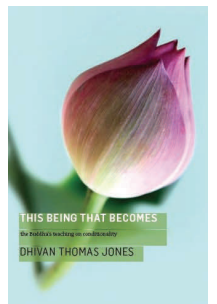


**Not About Being Good**  
By Subhadramati

Ethical life is not about following conventions, but about cultivating the awareness that others are not different from yourself.

**This Being, That Becomes**  
By Dhivan Thomas Jones

An engaging and thorough-going guide to the Buddha's foundational teaching on conditionality.



**How to purchase books from Windhorse Publications**

Check the bookshop at your local Triratna Buddhist Centre. If the book is not available, please leave a note for the bookshop manager or visit our website at [windhorsepublications.com](http://windhorsepublications.com) to order online.