

## IMC-Lewes Books Read

as of April 2023

Title	Author
Awakening the Buddha Within	Lama Surya Das
Be an Island	Ayya Khema
Boundless Heart	Christina Feldman
Compassion	Christina Feldman
Dancing with Life	Phillip Moffitt
Eighfold Path for the Householder, The	Jack Kornfield
Eight Mindful Steps to Happiness	Bhante Henepola Gunaratana
Emotional Chaos to Clarity	Phillip Moffitt
Emptiness Dancing	Adyashanti
Essence of the Heart Sutra	The Dalai Lama
Everything Arises, Everything Falls Away: Teachings on Impermanence and the End of Suffering	Ajahn Chah
Food for the Heart	Ajahn Chah
Four Foundations of Mindfulness in Plain English, The	Bhante Henepola Gunaratana
Four Noble Truths, The	Ajahn Sucitto
Heart of Understanding, Commentaries on the Prajnaparamita Heart Sutra, The	Thich Nhat Hanh
Insight Dialogue	Gregory Kramer
It's Easier Than You Think	Sylvia Boorstein
Kamma and the End of Kamma	Ajahn Sucitto
Living in the Light of Death	Larry Rosenberg
Magnanimous Heart: Compassion and Love, Loss and Grief, Joy and Liberation, The	Narayan Helen Libenson
Mindfulness A Practical Guide to Awakening	Joseph Goldstein
Mindfulness in Plain English	Bhante Henepola Gunaratana
No Self No Problem: Awakening to Our True Nature	Anam Thubten
Noble Eightfold Path: Way to the End of Suffering, The	Bhikkhu Bodhi
Parami: Ways to Cross Life's Floods	Ajahn Sucitto

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<b>Title</b>	<b>Author</b>
Peace is Every Step	Thich Nhat Hanh
Practing Peace in Times of War	Pema Chodron
Radical Acceptance	Tara Brach
Taking the Leap	Pema Chödrön
The Sound of Silence	Ajahn Sumedho
Unhindered: A Mindful Path Through the Five Hindrances	Gil Fronsdal
Welcoming the Unwelcome: Wholehearted Living in a Brokenhearted World	Pema Chödrön
When Things Fall Apart	Pema Chödrön
Wise Heart, The	Jack Kornfield
Zen Mind, Beginner's Mind	Shunryu Suzuki