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Twenty years ago, finding resources on meditation was far more difficult. However, now you have the ability to jump online and find information on anything you'd want related to the practice within a matter of seconds.

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5 of the Best Books About Meditation Mindworks

Our list of 5 great books about meditation: Mindfulness in Plain English by Bhante Henepola Gunaratana. This book is a classic, and rightly so. First published in 1994, it remains one of the best-loved (and best-selling) books on mindfulness out there.

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