

## **Book Suggestions from Andrea Fella**

A question was submitted asking me what my favorite books on meditation and mindfulness are. Often when I am asked this question, I ask the person what their interests are, because there are so many different kinds of books that I appreciate! So, here are a few of my favorites, grouped in different categories:

**Contemporary Books on Meditation and Mindfulness Practice** (most of these I read in the first few years of my practice.)

Everyday Zen by Charlotte Joko Beck  
The Miracle of Mindfulness by Thich Nhat Hanh  
A Path with Heart by Jack Kornfield  
Buddhism Without Belief by Stephen Batchelor  
The Experience of Insight by Joseph Goldstein  
Mindfulness by Joseph Goldstein  
Don't Look Down on the Defilements by Sayadaw U Tejaniya  
Dhamma Everywhere by Sayadaw U Tejaniya

### **Books on Traditional Buddhist Teachings**

The Noble Eightfold Path by Bhikkhu Bodhi  
Satipatthana: The Direct Path of Realization by Bhikkhu Analayo  
The Heart of Buddhist Meditation by Nyanaponika Thera  
The Shape of Suffering by Thanissaro Bhikkhu  
Concept and Reality in Early Buddhist Thought by Nanananda  
The Magic of the Mind by Nanananda  
The Island by Ajahn Passano and Ajahn Amaro

### **Books About The Buddha and the People around him, stories gathered from traditional Buddhists texts.**

The Life of the Buddha by Nanamoli  
The Great Disciples of the Buddha by Helmuth Hecker

### **Books that Collect Suttas and Offer Commentary**

In the Buddha's Words by Bhikkhu Bodhi  
The Dhammapada translation by Gil Fronsdal  
The Buddha before Buddhism by Gil Fronsdal

### **Suttas**

The Dharma books I mostly read these days are the suttas themselves, in translation by Bhikkhu Bodhi or Thanissaro Bhikkhu.

Bhikkhu Bodhi's translations of the suttas are published by Wisdom Publications and are available in physical book form or electronic form.

Thanissaro Bhikkhu's translations are freely online at [www.dhammatalks.org](http://www.dhammatalks.org), or are available as printed books by request. See <https://www.dhammatalks.org/Archive/Writings/ebooklist.pdf>