



# Loving-Kindness in Plain English: The Practice of Metta

*Bhante Henepola Gunaratana*

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**Loving-Kindness in Plain English: The Practice of Metta** Bhante Henepola Gunaratana

The bestselling author of *Mindfulness in Plain English* invites us to explore the joyful benefits of living with loving-kindness.

With his signature clarity and warmth, Bhante Gunaratana shares with us how we can cultivate loving-kindness to live a life of joyful harmony with others. Through personal anecdotes, step-by-step meditations, conversational renderings of the Buddha's words in the suttas, and transformative insights into how we live in and relate to the world, we learn that peace here and now is possible—within ourselves and in all our relationships. Bhante G speaks directly to how we can cultivate loving-kindness to find emotional clarity, overcome anger, and become more peaceful—both on and off the meditation cushion.

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