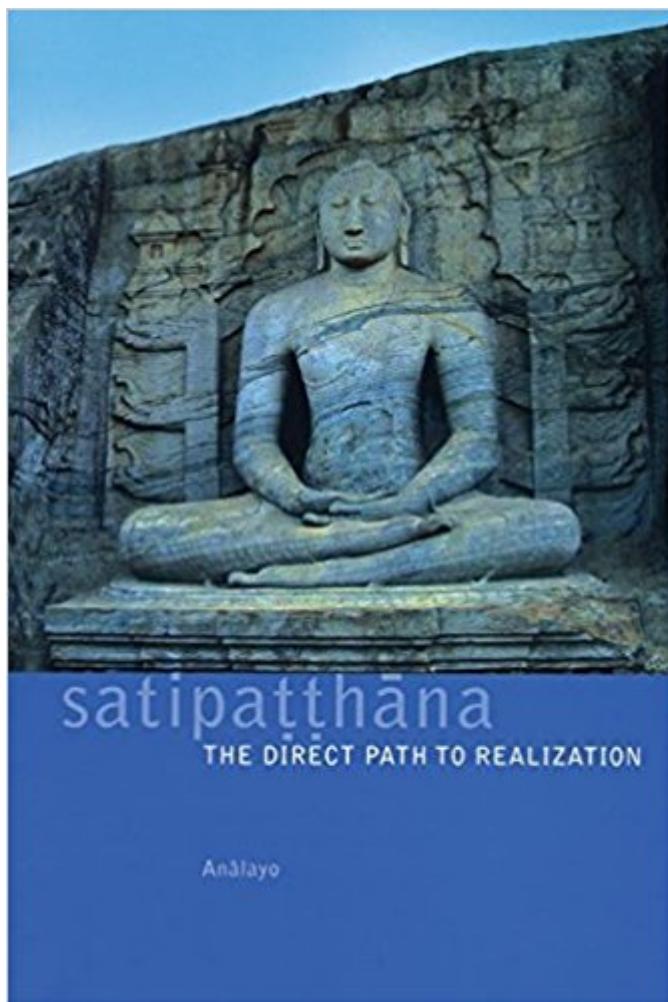


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This is the best book there is on the Satipatthana Sutta. I have read a few good commentaries on the Satipatthana Sutra but of them all this will become a classic. It is a great balance of great practice advice and deep technical knowledge. Thank you Venerable Analayo for your great work. This will bless many sentient beings for ages to come.

Brilliant book, Very complicated, not for the beginner in Buddhist Ideas. Lots of footnotes and a lot of additional study to fully understand and realize the thought and Ideas in it. This is a book I will study over and over again. It has led me down several paths of Buddhism. Not to be read in a evening. Highly recommend for any one with a serious interest in this philosophy.

5 stars

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