

Books Referenced in Class

Among these titles you will find a variety of approaches to working with this sutta. They may even contradict each other! Use these as reference material as you explore this sutta further. Remember that books and teachers are only guides. Trust your own experience. Is the way you are practicing leading to less striving, leaving you refreshed and at ease, seeing more clearly into the way things are?

	Title	Author	Publisher
1	Breath by Breath	Larry Rosenberg	Shambhala 1998
2	Three Steps to Awakening	Larry Rosenberg	Shambhala 2013
3	Mindfulness <i>of</i> Breathing	Buddhadāsa Bhikkhu	Sublime Life Mission 1971
4	Mindfulness <i>with</i> Breathing	Buddhadāsa Bhikkhu	Wisdom Publications 1988, rev. 1997
5	With Each and Every Breath *	Thanissaro Bhikkhu	Metta Forest Monastery 2012 https://www.dhammatalks.org/books/#eachandeverybreath
6	Mindfulness of Breathing A practice guide	Bhikkhu Anālayo	Windhorse Publications 2019
7	Satipaṭṭhāna The Direct Path to Realization	Bhikkhu Anālayo	Windhorse Publications 2003
8	Breathing. The Natural Way to Meditate *	Tarchin Hearn	Wangapeka Books 1991 https://greendharmatreasury.files.wordpress.com/2017/03/breathing-e-book-gdt.pdf
9	The Path of Emancipation	Thich Nhat Hanh	Parallax Press, 2000
10	Zen and the Art of Saving the Planet	Thich Nhat Hanh	Harper Collins 2022
11	Breathing Like a Buddha *	Ajahn Sucitto	Amaravati Publications 2022 https://forestsangha.org/teachings/books/breathing-like-a-buddha?language=English

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