Books: A Minimalist Reading List for Students of Mindfulness

Buddhist Background:

RAHULA, WALPOLA: What the Buddha taught: Revised and expanded edition with texts from Suttas and Dhammapada : Grove Press, 1994

Buddhist Psychology:


4 Establishments of Mindfulness (Satipaṭṭhāna):

SOMA, THERA: The way of mindfulness. A translation of the Satipaṭṭhāna Sutta of the Majjhima Nikāya; its Commentary, the Satipaṭṭhāna Sutta Vaṇṇanā of the Papañcasūdanī of Buddhaghosa Thera; and excerpts from the Linatthapakāsānī Tīkā, Marginal Notes, of Dhammapala Thera on the Commentary. 5. Ed Kandy : Buddhist Publication Society, 1981

Discourses of the Buddha (Anthology with Introduction and excellent translations):