

# Mindfulness, Bliss, And Beyond: A Meditator's Handbook By Ajahn Brahm

**By Ajahn Brahm**

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Ajahn Brahmavamso Mahathera (known to most as Ajahn Brahm), born Peter Betts in London in 1951, is a Theravada Buddhist monk. Ajahn Brahm grew up in London and earned

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