



Meeting the Monkey Halfway

Ajahn Bhikkhu Sumano, Emily Popp

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Simple and straightforward, this "little book" is a distillation of 20 years of a Buddhist monk's meditation practice. With a sense of reverence and respect for everything, Ajahn Sumano Bhikkhu shows us how to use only what we need, and then to use these few things carefully and with discrimination. *Meeting the Monkey Halfway* is his personal story, and through his story he will help us to open our hearts and relearn the compassion of the Buddha.



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