

Book suggestions January 2026

1. **Selves & Not-self: The Buddhist Teaching on Anatta By THANISSARO BHIKKHU**

Rec by Anne

Full text (azw3, epub, mobi, PDF): https://www.dhammadata.org/ebook_index.html#selvesnotself

reviews: <https://www.goodreads.com/book/show/24647787-selves-not-self>

These are transcripts from a retreat he gave, so are quite clear and straightforward, unlike some of his books. I really liked his logical presentation. He presents how the Buddha recommends using concept of Self to further you on the path, and when the concept of Not Self is the better tool.

2. **The Dhammapada translated by Gil Fronsdal**

Rec by Alex

I am interested in this book because I believe that reading the words of the Buddha directly and striving, collaboratively, as a group, to understand what the Buddha was saying and why he was saying it, is the best way I know to more rapidly extinguish suffering and create a better world for all.

Book: <https://a.co/d/6se6Rz5>

Audio: <https://www.insightmeditationcenter.org/books-articles/dhammapada/>

Step-by-step translation of the Pāli: https://buddhism.lib.ntu.edu.tw/en/lesson/pali/lesson_pali3.jsp

3. **“IMC dharma talk series” as a booklet.**

Rec by Alex

Many of the IMC dharma talks have been transcribed into PDFs. If there is an interest in doing a deeper dive into any individual series, I'd be happy to work with the IMC technical folks to produce an official IMC booklet which meets the requirements of the group.

I am interested in this because I think that many people would love to have a deeper discussion of some of these dharma talks with other students but there is currently no way for them to do so.

<https://www.audiodharma.org/series>

4. **It's Up to You: The Practice of Self-Reflection on the Buddhist Path, Dzigar Kongtrul,**

Suggested by Linda Kuli. Original suggested by Judith in August.

From Linda: Best if books are available for free at this point because the last few didn't hold my attention enough. Straight to the heart and not so scholarly are best for me.

From Judith in August:

2006, 129 pp. I read this a good while ago and have underlined many phrases and thought the book worth keeping. The author is a highly trained Tibetan lama who became a professor of Buddhist philosophy at Naropa University in Boulder, CO, in 1990. He founded his own teaching

organization, Mangala Shri Bhuti, and has established a mountain retreat center in southern Colorado as well as a retreat center in Vermont. His most well-known Western student is Pema Chodron.

From the back of the book:

How do we reconcile the idea of enlightenment with what we see when we look in the mirror--when insecurities, doubts, and self-centered tendencies arise in our minds? The author suggests that such experiences are not a problem if we can let them arise without judging them or investing them with so much meaning. This approach is what he calls self-reflection. It is a practice, a path, and an attitude. It means taking an interest in what we usually try to push away. We can use this practice to take liberation into our own hands and accept the challenge in the title --it's up to you.

Available through Amazon in Audible, also Kindle, Hardback, Paperback. Highly rated there.

5. Food for the Heart: the collected teachings of Ajahn Chah

Rec by Cecelia

would be a great book to read. The teachings address many of the issues that came up in the Satipatthana Suta, but in smaller bites and clearly explained. It is divided into three parts: Conduct - Virtue in the World of the Senses, Meditation, and Wisdom. The book is long - 396 pages plus introduction by Ajahn Amaro. I would be happy if we chose to explore just one section at this time.

https://www.amazon.com/s?k=food+for+the+heart&crd=GAFFNAFR33OR&srefix=food+for+the+%2Caps%2C223&ref=nb_sb_ss_p13n-expert-pd-ops-ranker_7_13