

Booklist ~ Metta Forest Monastery

Last updated: March 2026

The following books and recordings are, unless otherwise noted, written, translated, compiled, or recorded by Ṭhānissaro Bhikkhu. They are distributed for free and sponsored through donations. Shipping is also free of charge.

Digital versions of these titles, and some others not in print, can be found at: www.dhammadata.org. Titles marked with an asterisk () can be found at: www.forestdhamma.org.*

How to Request Books

Please send a letter to the monastery at:

BOOK REQUEST
METTA FOREST MONASTERY
P.O. BOX 1409
VALLEY CENTER, CA 92082-1409
USA

Please include your full, legible shipping address, and specify the title and the number of copies of each book and/or CD requested. This booklist can also be printed out and mailed to the monastery with the requested items circled or highlighted.

● *For international requests, please read the additional information provided on the website.*

Canonical Texts, Vinaya, Chanting

The Handful of Leaves Anthologies:

Volume 1: Dīgha Nikāya
Volume 2: Majjhima Nikāya
Volume 3: Saṃyutta Nikāya
Volume 4: Aṅguttara Nikāya

Books of the Khuddaka Nikāya:

Dhammapada
Itivuttaka
Sutta Nipāta
Udāna
Poems of the Elders (An anthology of the Theragāthā and Therīgāthā.)

The Buddhist Monastic Code 1 & 2 A two-volume work on the Theravāda monastic rules.

A Chanting Guide Pāli passages and suttas with English translations.

Thai Forest Tradition

Ajaan Lee Dhammadharo

The Teachings of Phra Ajaan Lee A two-volume compilation of the six titles listed in the next box as well as **Basic Themes**, **The Craft of the Heart** and **Frames of Reference**.

Volume I: Collected Writings

Volume II: Dhamma Talks

The Autobiography of Phra Ajaan Lee His account of his adventures in the forests, towns, and cities of Thailand, Burma, and India.

Food for Thought & Starting Out Small An introductory collection of passages on the training of the heart.

The Heightened Mind A collection of talks and passages on the attitudes to bring to concentration practice.

Inner Strength A collection of sixteen talks.

Keeping the Breath in Mind & Lessons in Samādhi A manual on breath meditation. Includes excerpts from five talks.

The Skill of Release A collection of passages organized by theme.

Ajaan Mahā Boowa Ñāṇasampanno

A Life of Inner Quality A collection of talks given to lay people.

Straight from the Heart A collection of talks on dealing with illness and death.

Things As They Are: A Collection of Talks on the Training of the Mind A collection of talks, mostly given to the monks at Wat Pa Baan Taad.

Other Ajaans

Awareness Itself by Ajaan Fuang Jotiko. Anecdotes about and quotations from Ajaan Fuang.

Come & See by Ajaan Funn Ācāro. A collection of three talks along with a short biography.

A Fistful of Sand by Ajaan Suwat Suvaco. A collection of talks.

The Intelligent Heart by Ajaan Suwat Suvaco. A collection of five talks.

Gifts He Left Behind by Ajaan Dune Atulo. Anecdotes about and quotations from Ajaan Dune.

Mae Chee Kaw: Her Journey to Spiritual Awakening & Enlightenment* by Bhikkhu Sīlaratano. A biography of a student of Ajaan Mun and Ajaan Mahā Boowa.

Uncommon Wisdom* by Ajaan Dick Sīlaratano. A biography and collected teachings from Ajaan Paññavaddho, a student of Ajaan Mahā Boowa.

Gold Wrapped In Rags: Autobiography of Ajaan Jia Cundo* (translated by Ajaan Dick Sīlaratano)

Still, Flowing Water by Ajaan Chah. A collection of eight talks.

In Simple Terms & It's Like This by Ajaan Chah. A two-volume collection of 108 Dhamma Similes.

An Unentangled Knowing by Upasikā Kee Nanayon. A collection of talks by one of the foremost female teachers in 20th century Thailand.

Ṭhānissaro Bhikkhu

Essays

The following books are compilations of short essays dealing with core aspects of the practice and misunderstood/misinterpreted points of the Buddha's teachings (listed in order of publication year):

Noble Strategy	Noble & True
The Karma of Questions	First Things First
Purity of Heart	Along the Way
Head & Heart Together	The Heart a Flowing Stream
Beyond All Directions	Things as They Can Be

The Mirror of Insight An essay on the strategic methods the Buddha taught for using fabrications skillfully to abandon all fabrication.

Dhamma Talks

Factors for Awakening Talks on the seven factors for awakening (*satta bojjhaṅgā*).

Meditations 1–12 Twelve books of evening dhamma talks. [All or: 1 2 3 4 5 6 7 8 9 10 11 12]

The Noble Eightfold Path Talks on each of the eight factors of the path.

Treatises

Beyond Desire & Passion: The Buddha's Training for Freedom Exploring the implications of Ven. Sāriputta's famous quote: "Our teacher teaches the subduing of desire and passion."

The Buddha's Teachings: An Introduction A short explanation of the basic concepts and values underlying the practice for putting an end to suffering.

Buddhist Romanticism An in-depth study of the pervasive influence of early Romantic thought in shaping the way Buddhism is taught in the West, and of the practical consequences of following the Romantics rather than the Buddha.

Four Noble Truths This guide focuses on the fundamental principles of the Buddha's teachings, providing the necessary framework to comprehend everything else he taught.

Karma Q&A A small booklet addressing frequently misunderstood points on karma.

The Mind Like Fire Unbound An essay on the meaning of nibbāna/nirvana.

Noble Warrior A biography of the Buddha compiled from passages of the Pāli Canon, focusing on the qualities and insights that allowed him, and those who followed, to attain Awakening.

Not-self Q&A. Answers to sixteen basic questions on the topic of not-self, plus readings from the Pali Canon on which the answers are based.

On the Path A comprehensive anthology and analysis of passages from the Pali Canon on the Noble Eightfold Path.

The Paradox of Becoming On using becoming (*bhava*) to go beyond becoming.

Right Mindfulness On the Buddha's teachings on mindfulness (*sati*).

The Shape of Suffering On dependent co-arising (*paṭicca-samuppāda*).

Skill in Questions On the Buddha's teaching strategies based on the four ways he responded to questions.

The Truth of Rebirth An essay on why rebirth is important to right view.

Undaunted Lessons drawn from the Buddha's awakening in how best to deal with the big problems of life: aging, illness, death, grief, and giving care to those who are sick.

The Wings to Awakening A thorough treatment of the wings to awakening (*bodhi-pakkhiya-dhamma*).

With Each & Every Breath An introduction to breath meditation.

Retreats

Desires for the End of Desire A transcript of a ten-day retreat on the topic of the skillful use of desire on the path of Buddhist practice.

The Five Faculties Transcriptions from a retreat given on the five faculties (*pañcīndriyāni*).

Good Heart, Good Mind A series of talks given at two retreats—one in France, the other in Brazil—on the topic of the ten perfections (*pāramī*)

The Karma of Mindfulness Transcribed talks and Q&A's on the relationship between karma and mindfulness.

Selves & Not-self Talks on the skillful use of perceptions of self and not-self (*anattā*).

Study Guides

Beyond Coping On aging, illness, death, and separation.

The Buddha Smiles On humor in the Pāli Canon.

Merit: The Buddha's Strategies for Happiness 1 On how merit (*puñña*) leads to long-term happiness.

Discernment: The Buddha's Strategies for Happiness 2 On developing and applying discernment (*paññā*).

Into the Stream On the first stage of awakening.

A Meditator's Tools On the ten recollections (*anussati*) conducive to fostering concentration.

Non-violence On the drawbacks of violence and how to overcome the causes of anger within oneself.

Recognizing the Dhamma On the eight principles for recognizing what is and is not Dhamma-Vinaya.

The Sublime Attitudes On the sublime attitudes (*brahmavihārā*).

CDs

Basics (MP3) 64 introductory Dhamma talks.

A Refuge (MP3) Talks and readings on aging, illness, and death.