Happiness Essential Mindfulness Practices Thich Nhat Hanh

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Thich Nhat Hanh's central teaching is that, through mindfulness, we can learn to live in the present moment instead of in the future. It's only way to truly develop peace, both in one's self and in the world. Now, for the first time, all of Thich Nhat Hanh's key practices are collected in one accessible and easy-to-use volume.

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HAPPINESS is a slim volume crammed with practical daily exercises on mindfulness, lovingkindness, and awareness. This book can be used by anyone, Buddhist and non-Buddhist alike, and it does not matter if you are a beginner or an experienced practitioner.

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