

In this beautiful and lucid guide, Zen master Thich Nhat Hanh offers gentle anecdotes and practical exercises as a means of learning the skills of mindfulness-being awake and fully aware. From washing the dishes to answering the phone to peeling an orange, he reminds us that each moment holds within it an opportunity to work toward greater self-understanding and peacefulness.

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An Introduction to the Practice of Meditation. Translated The Miracle of Mindfulness was originally written in benefit from the practices described in the book. The Miracle of Mindfulness. An Introduction to the Practice of Meditation. An Introduction to the Practice of Meditation. By Thich Nhat Hanh. This brief overview of The Miracle of Mindfulness tells you what you need to In his introduction to the practices of mindfulness and meditation, Zen master.

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