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Peace Is Every Step The Path of Mindfulness in Everyday Life

By Thich Nhat Hanh

Bantam. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 8.4in. x 5.2in. x 0.5in. In the rush of modern life, we tend to lose touch with the peace that is available in each moment. World-renowned Zen master, spiritual leader, and author Thich Nhat Hanh shows us how to make positive use of the very situations that usually pressure and antagonize us. For him a ringing telephone can be a signal to call us back to our true selves. Dirty dishes, red lights, and traffic jams are spiritual friends on the path to mindfulness the process of keeping our consciousness alive to our present experience and reality. The most profound satisfactions, the deepest feelings of joy and completeness lie as close at hand as our next aware breath and the smile we can form right now. Lucidly and beautifully written, Peace Is Every Step contains commentaries and meditations, personal anecdotes and stories from Nhat Hanh's experiences as a peace activist, teacher, and community leader. It begins where the reader already is in the kitchen, office, driving a car, walking a part and shows how deep meditative presence is available now. Nhat Hanh provides exercises to increase our awareness of our own body and mind through...



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