



The Miracle of Mindfulness: The Classic Guide to Meditation by the World's Most Revered Master

By Thich Nhat Hanh

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Miracle of Mindfulness: The Classic Guide to Meditation by the World's Most Revered Master, Thich Nhat Hanh, In this beautifully written book, Buddhist monk and Nobel Peace Prize nominee Thich Nhat Hanh explains how to acquire the skills of mindfulness. Once we have these skills, we can slow our lives down and discover how to live in the moment - even simple acts like washing the dishes or drinking a cup of tea may be transformed into acts of meditation. Thich Nhat Hanh's gentle anecdotes and practical exercises help us to arrive at greater self-understanding and peacefulness, whether we are beginners or advanced students. Irrespective of our particular religious beliefs, we can begin to reap the immense benefits that meditation has been scientifically proven to offer. We can all learn how to be mindful and experience the miracle of mindfulness for ourselves.



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