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

THICH  
NHAT HANH

THE  
MIRACLE OF  
MINDFULNESS

THE CLASSIC GUIDE



'Sowed the seeds of a revolution...powerful and relevant'  
Prof. Mark Williams, University of Oxford

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## Description :

Prsentation de l'diteurThich Nhat Hanh is the subject of the upcoming major documentary Walk With Me narrated by Benedict CumberbatchIn 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.

Revue de presse "[Thich Nhat Hanh] shows us the connection between personal, inner peace and peace on earth" (His Holiness the Dalai Lama)

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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.