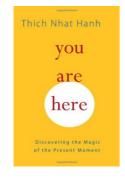
Download Kindle

YOU ARE HERE DISCOVERING THE MAGIC OF THE PRESENT MOMENT



Shambhala. Paperback. Condition: New. 160 pages. Dimensions: 7.5in x 4.9in x 0.6in.In this book Thich Nhat Hanh, the renowned Zen monk, author, and meditation master, distills the essence of Buddhist thought and practice, emphasizing the power of mindfulness to transform our lives. Mindfulness is not an evasion or an escape, he explains. It means being here, present, and totally alive. It is true freedomand without this freedom, there is no happiness. Based on a retreat that Thich Nhat Hanh led...

Download PDF You Are Here Discovering the Magic of the Present Moment

- Authored by Thich Nhat Hanh
- Released at -



Reviews

The ideal ebook i actually study. It usually does not expense too much. You wont really feel monotony at at any time of your own time (that's what catalogs are for relating to should you request me).

-- Mrs. Jacklyn Simonis

It is an amazing publication which i actually have at any time go through. It really is writter in easy words and phrases rather than hard to understand. Its been developed in an extremely easy way which is merely following i finished reading through this pdf in which actually changed me, affect the way i think.

-- Garry Lind

Completely one of the best ebook I actually have possibly study. It can be writter in simple phrases and not confusing. You can expect to like the way the author write this book.

-- Josefa Ebert