



## Peace of Mind: Becoming Fully Present

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By Thich Nhat Hanh

Transworld Publishers Ltd. Paperback. Condition: new. BRAND NEW, Peace of Mind: Becoming Fully Present, Thich Nhat Hanh, In Peace of Mind, Zen Master Thich Nhat Hanh reminds us that integrating body and mind is the only way to feel truly alive in each moment. Bringing together ancient wisdom and contemporary thinking on the subject of mindfulness, Peace of Mind is a deceptively simple book which provides a practical foundation for understanding the principles of mind/body awareness. As it introduces critical tools for sustaining authentic wellbeing, it helps us to take control of our lives, de-stress and find peace and happiness in this frantic world.



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