



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

Thich Nhat Hanh

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In this beautiful and lucid guide, Zen master Thich Nhat Hanh offers gentle anecdotes and practical exercise as a means of learning the skills of mindfulness--being awake and fully aware. From washing the dishes to answering the phone to peeling an orange, he reminds us that each moment holds within it an opportunity to work toward greater self-understanding and peacefulness

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