



## Happiness: Essential Mindfulness Practices

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By Thich Nhat Hanh

Jaico Publishing House, Mumbai, India, 2012. Soft cover. Book Condition: New. Zen Master Thich Nhat Hanh's key teaching is that through mindfulness, we can learn to live in the present moment and develop a sense of peace. Accessible to those new to Buddhist teachings as well as more experienced practitioners, Happiness is the only book that collects all practices adapted and developed by Thich Nhat Hanh in his more than 60 years as a Buddhist monk and teacher. With sections such as Daily Practice, Relationships, Physical Practices, Mindful Eating and Practicing with Children, Happiness is a comprehensive guide to living our daily lives with full awareness, whether we are working, eating, parenting, driving, walking or simply sitting and breathing. Page Extent: 172.



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