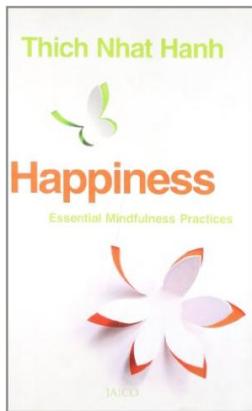


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Jaico Publishing House, Mumbai, India, 2012. Soft cover. Book Condition: New. Zen Master Thich Nhat Hanh's key teaching is that through mindfulness, we can learn to live in the present moment and develop a sense of peace. Accessible to those new to 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...

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- Authored by Thich Nhat Hanh
- Released at 2012



Filesize: 2.39 MB

Reviews

The publication is easy in read better to understand. It is writer in basic words and phrases rather than hard to understand. You wont truly feel monotony at anytime of your respective time (that's what catalogues are for about if you question me).

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