



Mindful Living: A Collection of Teachings on Love, Mindfulness, and Meditation

Thich Nhat Hanh

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Mindfulness, teaches Thich Nhat Hanh, is like the power of the sun: it illuminates the parts of your life that are in darkness. Instead of suppressing anger, fear, and guilt, mindfulness welcomes all experience.

Mindful Living is a special gift-boxed collection of this beloved Zen master's most popular audio sessions, with heartfelt advice on coming fully alive to yourself and the world. The set includes:

- *The Art of Mindful Living*?Thich Nhat Hanh shows you how to use mindfulness to welcome all aspects of experience, even the most challenging parts
- *Teachings on Love*?In the Buddhist tradition, genuine love comprises four qualities: loving-kindness, compassion, joy, and freedom, and here you will learn how to enrich relationships of every kind with these transcendent qualities
- *Touching the Earth*?Thich Nhat Hanh and Sister Chân Không teach an ancient Buddhist practice to unify body and mind in an exquisite gesture of spiritual surrender

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Spent a free time and energy to be fun activity to perform! A lot of people spent their sparetime with their family, or their own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? May be reading a book may be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to try out look for book, may be the e-book untitled Mindful Living: A Collection of Teachings on Love, Mindfulness, and Meditation can be good book to read. May be it might be best activity to you.

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