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Note generali	"Material for the practices in this book comes from How to Enjoy Your Stay in Plum Village, Chanting from the Heart, Present Moment, Wonderful Moment, and The World We Have, all published by Parallax Press, and unpublished dharma talks by Thich Nhat Hanh."
Nota di contenuto	Title Page; Introduction; DAILY PRACTICES; EATING PRACTICES; PHYSICAL PRACTICES; RELATIONSHIP & COMMUNITY PRACTICES; EXTENDED PRACTICES; PRACTICING WITH CHILDREN; CONCLUSION; Copyright Page
Sommario/riassunto	Encouraging readers to be intelligent and skillful in their practice, this new collection by Thich Nhat Hanh outlines the essential steps by which we can all obtain real and lasting happiness. Each day, we perform the tasks of everyday life without thought or awareness ? walking, sitting, working, eating, driving, and much more. But Hanh points out that if we remain truly aware of our actions, no matter the task we're performing, we can stay engaged in our lives and better our outlook through mindfulness. This key practice is the foundation for this accessible, easy-to-understand volume,