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Autore	Nhat Hanh, Thich, <1926-2022.>
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Commentary 1: The Eight Realizations and the Eleven Guidelines for Daily Living

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#### Sommario/riassunto

Awakening of the Heart is a comprehensive, single volume collection of the Buddha's key sutras, translated with contemporary commentary by Zen Master Thich Nhat Hanh. It is an essential complement to Happiness, the bestselling collection of meditation and mindful practices released in 2009. Awakening of the Heart captures the heart of Buddhist wisdom and Thich Nhat Hanh's unique talent to make the Buddha's teachings accessible and applicable to our daily lives and times. This is a wonderful gift for anyone looking to deepen their practice and understanding of the tea

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