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Autore	Nhat Hanh, Thich
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Sommario/riassunto

Written as a poetic conversation with the Buddha, this step-by-step guide to the transformative practice of "Beginning Anew" helps readers renew faith, rediscover joy, and remove obstacles caused by past wrongdoings. Based on the loving kindness and compassion meditation of the Lotus Sutra, it contains over 40 guided meditations that can be practiced alone or with others. In its original edition, *Touching the Earth* has been one of the author's most popular titles. This new edition makes the exercises more accessible to those new to mindfulness practice.