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Sommario/riassunto	The Five Mindfulness Trainings - to not kill, steal, commit adultery, lie, or take intoxicants - are the basic statement of ethics and morality in Buddhism. In this fully revised edition, Zen master and peace activist Thich Nhat Hanh argues eloquently for their universal applicability in daily situations. Nhat Hanh discusses in depth the value and meaning of each precept, offering insights into the roles that they could play in our changing society. In a world marked by moral and spiritual emptiness, he says, The Five Mindfulness Trainings offer a path to the restoration of meaning and value. The author calls the trainings a "diet for a mindful society" that transcends sectarian boundaries, and he presents simple yet powerful ways that people can come together around them to explore and sustain a sane, compassionate, and healthy way of living.