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Titolo	Summary and analysis of the miracle of mindfulness : a manual on meditation : based on the books by Thich Nhat Hanh
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Sommario/riassunto	So much to read, so little time? This brief overview of The Miracle of Mindfulness tells you what you need to know--before or after you read Thich Nhat Hanh's book.Crafted and edited with care, Worth Books set the standard for quality and give you the tools you need to be a well-informed reader.This summary and analysis of The Miracle of Mindfulness by Thich Nhat Hanh includes:Historical contextChapter-by-chapter summariesBreathing techniques and meditation exercisesImportant quotesFascinating triviaGlossary of termsSupporting material to enhance your understanding of the original workAbout Thich Nhat Hanh's The Miracle of Mindfulness:In his introduction to the practices of mindfulness and meditation, Zen master Thich Nhat Hanh teaches how to live a more peaceful and fulfilling life. Under his guidance, simple tasks--such as drinking tea, peeling an orange, or washing the dishes--become opportunities to find fulfillment and happiness.Through uncomplicated instruction, breathing exercises, and wise stories, Hanh proves that living a more meaningful life is accessible to all.The summary and analysis in this ebook are intended to complement your reading experience and bring you closer to a great work of nonfiction.

