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	Autore	BROCHADO, José Idalino Ferreira : da Costa
	Titolo	D. Pedro I : em prol do seu Pobo / Costa Brochado
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2.	Record Nr.	UNINA9910964827703321
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	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,
