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awareness. hanh suggests that we treat each of our activities as an opportunity for being aware: walking, we should be aware that we are walking; breathing, we should ...

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a pioneer in bringing mindfulness to the west, zen master thich nhat hanh has inspired generations of people to learn to live with peace and joy, fully awake to the ...

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thich nhat hanh, a vietnamese poet, bestselling author and peace activist, has been a buddhist monk for over 40 years. he was chairman of the vietnamese buddhist ...

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the miracle of mindfulness speaks with you simply, directly, and precisely. the author is a storyteller, ... an excellent introduction to meditation and buddhism.

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