

[PDF] You Are Here: Discovering The Magic Of The Present Moment

Thich Nhat Hanh - pdf download free book



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Description:

In this book Thich Nhat Hanh, the renowned Zen monk, author, and meditation master, distills the essence of Buddhist thought and practice, emphasizing the power of mindfulness to transform our lives. "Mindfulness is not an evasion or an escape," he explains. "It means being here, present, and totally alive. It is true freedom—and without this freedom, there is no happiness."

Based on a retreat that Thich Nhat Hanh led for Westerners, this book offers a range of simple, effective practices for cultivating mindfulness, including awareness of breathing and walking, deep listening, and skillful speech. *You Are Here* also offers guidance on healing emotional pain and manifesting real love and compassion in our relationships with others.

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