



The Miracle of Mindfulness: An Introduction to the Practice of Meditation

By Thich Nhat Hanh

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In this beautiful and lucid guide, Zen master Thich Nhat Hanh offers gentle anecdotes and practical exercise as a means of learning the skills of mindfulness—being awake and fully aware. From washing the dishes to answering the phone to peeling an orange, he reminds us that each moment holds within it an opportunity to work toward greater self-understanding and peacefulness.

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Editorial Review

Review

One of the best available introductions to the wisdom and beauty of meditation practice. --*New Age Journal*

"Thich Nhat Hanh's ideas for peace, if applied, would build a monument to ecumenism, to world brotherhood, to humanity." --Martin Luther King, Jr.

"He has immense presence and both personal and Buddhist authority. If there is a candidate for 'Living Buddha' on earth today, it is Thich Nhat Hanh." --Roshi Richard Baker, author of *Original Mind: The Practice of Zen in the West*

Language Notes

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About the Author

Thich Nhat Hanh is author of *Living Buddha, Living Christ* and *The Blooming of a Lotus*.

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