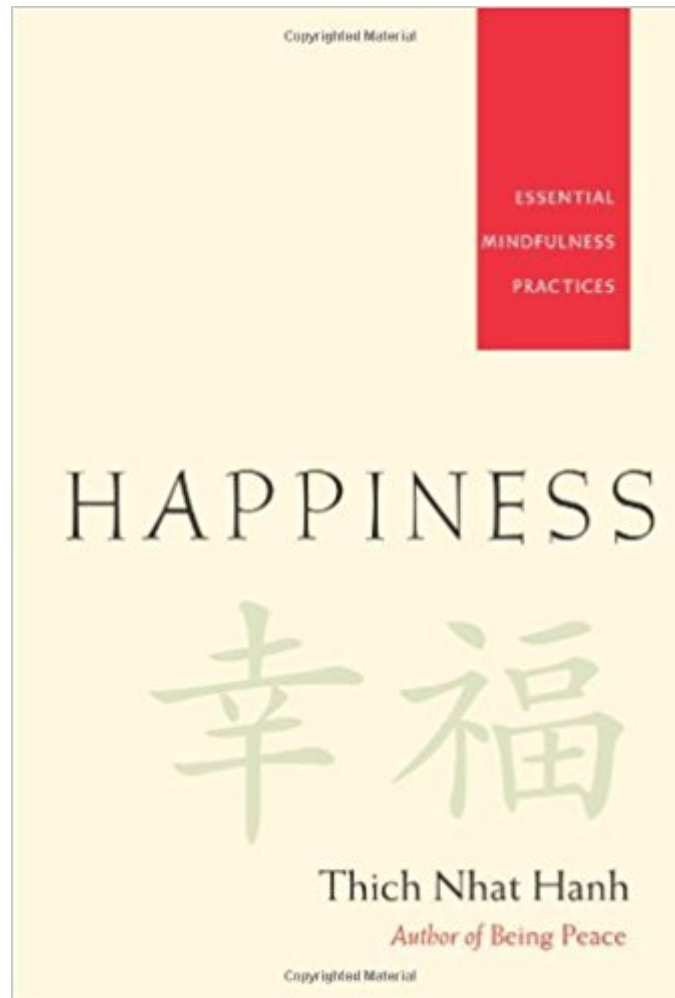




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# Happiness: Essential Mindfulness Practices



## Synopsis

Thich Nhat Hanh's central teaching is that, through mindfulness, we can learn to live in the present moment instead of in the past and in the future. It's the only way to truly develop peace, both in one's self and in the world. Now, for the first time, all of Thich Nhat Hanh's key practices are collected in one accessible and easy-to-use volume. *Happiness* is structured to introduce those new to Buddhist teachings as well as for more experienced practitioners. *Happiness* is the quintessential resource of mindfulness practices. Integrating these practices into daily life allows the reader to begin to cultivate peace and joy within him/herself, leading to solidity and freedom from fear, misunderstanding, and suffering. With the practices offered in *Happiness* Thich Nhat Hanh encourages the reader to learn to do all the things they do in daily life with mindfulness; to walk, sit, work, eat, and drive, with full awareness of what they are doing. It can bring about a shift towards one of the principles of engaged Buddhism, a shift towards practicing mindfulness in every moment of the day and not just while formally meditating. Thich Nhat Hanh encourages his readers to "try to be intelligent and skillful in their practice, approaching every aspect of the practice with curiosity and a sense of search. It's important to practice with understanding and not just for the form and appearance. Enjoy your practice with a relaxed and gentle attitude, with an open mind and receptive heart."

## Book Information

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## Customer Reviews

Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books

include Happiness and Peace Is Every Step. He lives in Plum Village in southwest France, where he teaches the art of mindful living.

Thich nhat Hahn never seems to fail. This book is very simple and a great read. It gives practical suggestions on waking up, all different types of meditations and breathing. Just a simple, easy, great read.

Thich Nhat Hanh delivers a wonderful, calming message about happiness and how we can hold it in our lives. I very much enjoyed this reading, and his writing is simple and easy to follow. I would recommend this book to absolutely anyone - even if you already have enough happiness in your life (and I'm still working on that!), it's still a wonderful refresher on to invite and keep happiness without so much effort. I've enjoyed all of his books so far and have a mission to read them all, as I enjoy his delightful insights! Thank you.

Absolutely amazing book. I always have had trouble being mindful and calm with my everyday life and this definitely has instituted some great practices in my life. I would recommend this book everyone and anyone

I've studied Buddhism for a while and have read a fair amount about it (and I realize that that and \$2.00 will get me a cup of coffee at most places). Thich Nhat Hanh's books cover the theory of Buddhism but he writes more from the standpoint of how to live your life in accord with its precepts (as well as that of most, if not all, major religions aside from the fundamentalist sects). His writing is good, clear, and simple. I like it. I'd order this book again.

This was my first reading of a Thich Nhat Hanh book, and it definitely won't be my last. What a wonderful introduction to the wondrous world of mindfulness living and meditation. Highly recommended.

a must

Life-changing and wonderful. You do not need to be Buddhist at all to benefit from this wonderful book. Get it!

The mindful practices outlines in this book are practical and effective. I would highly recommended this book to everyone. I even sent a copy to my son, and he has found it useful

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