



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

Amazon.com Review

Miracle of Mindfulness is a sly commentary on the *Anapanasati Sutra*, the Sutra on Breath to Maintain Mindfulness. "Sly" because it doesn't read like a dry commentary at all. One of Thich Nhat Hanh's most popular books, *Miracle of Mindfulness* is about how to take hold of your consciousness and keep it alive to the present reality, whether eating a tangerine, playing with your children, or washing the dishes. A world-renowned Zen master, Nhat Hanh weaves practical instruction with anecdotes and other stories to show how the meditative mind can be achieved at all times and how it can help us all "reveal and heal." Nhat Hanh is a master at helping us find a calm refuge within ourselves and teaching us how to reach out from there to the rest of the world. --*Brian Bruya*

Review

"[Thich Nhat Hanh] shows us the connection between personal, inner peace and peace on earth" His Holiness the Dalai Lama

Language Notes

Text: English, Vietnamese (translation)

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Betty Hood:

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Michael Lucius:

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