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Happiness : essential mindfulness practices / Thich Nhat Hanh. p. cm. " Material for the practices in this book comes from How to Enjoy Your Stay in Plum Village, Chanting from the Heart, Present Moment Wonderful Moment, and The World We Have, all published by Parallax Press, and unpublished Dharma talks by Thich Nhat Hanh. "

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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 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.

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