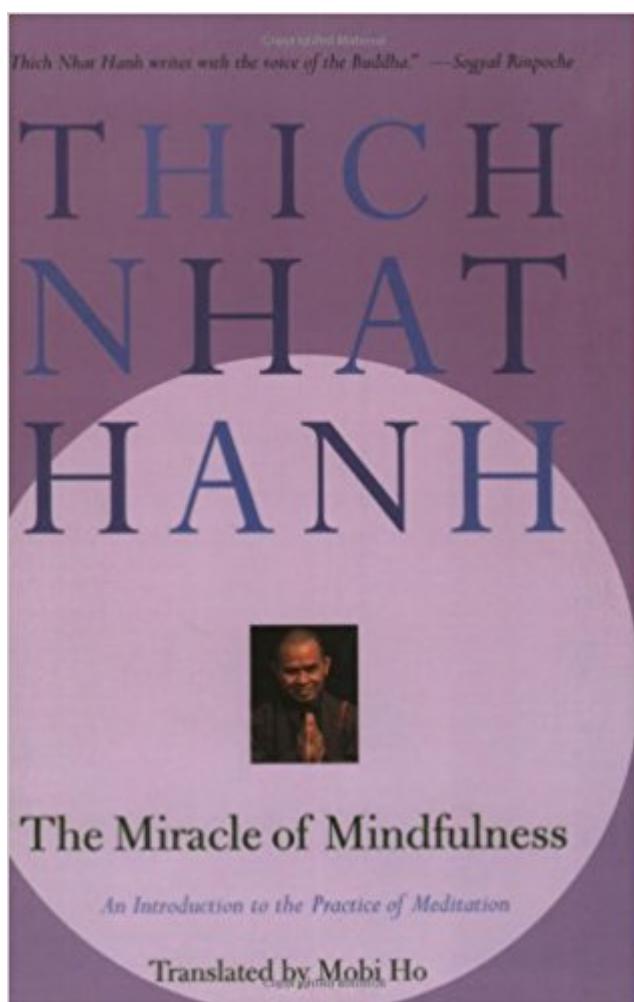


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The Miracle Of Mindfulness: An Introduction To The Practice Of Meditation



Synopsis

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.

Book Information

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Customer Reviews

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*

Text: English, Vietnamese (translation) --This text refers to an out of print or unavailable edition of this title.

An approachable text to focus ourselves on the deeply rewarding concept of mindfulness. There are extraordinary lengths people will go to so they might "feel better" but like the most rewarding steps, mindfulness is a key to first understanding ourselves, so that we might more easily join the larger world in its suffering and ecstasy. I was particularly moved by the meditation on interconnectedness.

When that simple truth is laid bare before the awestruck mind, cruelty and ugliness are revealed as the ridiculous enemy of existence. And that will always be necessary!

I find this book immensely important. I read only a little each morning ƒç à ¬â à œ thatƒç à ¬â „çs all I needed, to take it in slowly and let it absorb - and then I decided that I will need more books by Thich Nhat Hanh, and so I purchased quite a few more. The second half of this book I liked less; itƒç à ¬â „çs not written by Thich Nhat Hanh, although it is definitely worth reading. There were also some other works translated by Thich Nhat Hanh which I liked less. In any case, I highly recommend it. I purchased it in digital form and found this an asset àƒç à ¬â œ because, for example, one is able to àƒç à ¬â “highlight àƒç à ¬â • sections and also get immediate translation of words when not sure of the meaning.

One of the best books on mindfulness I have read, and I have read many! I love his simple way of looking at meditation. Also very relaxing to read.

Be mindful, always. What a great, practical introductory read on how to practice full awareness of our mind-body connection through meditation and awareness of breathing, awareness of the oneness/communion/interdependence we have with the universe through understanding the five aggregates (bodily form, feeling, perception, mental function, consciousness), and using the non-judgmental mind to penetrate the mind within the mind. Includes a lot of great anecdotes to give perspective on how to apply mindfulness in day to day life, a favorite being Tolstoy's emperor visiting the hermit with his three questions. Also discusses several practical methods to further strengthen mindfulness meditation, and includes some Buddhist sutras in the back.

Lot of repetitive writing. I am familiar with Buddhist writings of Dalai Lama. The book would have been a five star if unnecessary repetitive writings are removed. I prefer other books such as discussion between Dalai Lama and Archbishop Tutu in their book.

This is a great book for people who are seeking to live a well balanced life by choosing to embrace everything we do and learning to live in the moment. The techniques and examples are powerful tools to learn, practice and help you live a more fulfilled life. Many times as we do some thing our thoughts are dispersed thinking of past and future events, that we totally let life pass us by. We should enjoy our moments, focus all of our attention in every thing we do knowing that the most

important thing in your life at any given moment is what you are doing at that particular moment, so absorb it, breathe it in, slow it down generate all your thoughts into whatever you are doing.

This was a great read for me and recommended by my therapist years ago. I'm a hard-charging type A neurotic, now a recovering neurotic. It's difficult, especially in a corporate western world to keep your mindfulness. However, it is ever more important in an environment such as this to do so. Just the simple concept of thinking of only one thing at a time is such a gift. You make far fewer mistakes; you drop things a lot less often; and you are more at peace and ease. Anyway, I recommend this highly, especially for those like me who've had no Eastern cultural exposure.

Contains some of the same content as "Peace is Every Step," but formatted in a way that may be easier to access--here are shorter sections that are specific to certain goals. I prefer "Peace is Every Step" because it seems more thorough or sequential in the way it is laid out.

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