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By (author) Thich Nhat Hanh

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In our daily lives we are often lost in thought--we lose ourselves in our plans, in our anger, in our worries. Here, Thich Nhat Hanh presents Buddhist techniques we can use to cut through the mental busyness and anxiety of daily life in order to discover the clear happiness that comes from living in the present moment. Based on a retreat that Thich Nhat Hanh led for Westerners, this audiobook offers...

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