



The Art of Mindful Living: How to Bring Love, Compassion, and Inner Peace into Your Daily Life

By Thich Nhat Hanh

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Zen meditation master Thich Nhat Hanh offers his practical teachings about how to bring love and mindful awareness into our daily experience. Kind, purposeful, and illuminating—here is an abundant treasure of traditional *gathas* (teachings) that unify meditation practice with the challenges we face in today's world.

Enhanced features include Vietnamese music from Plum Village, video footage of Thich Nhat Hanh about mindfulness, and a text interview with the author.

Course objectives:

- Describe how Thich Nhat Hanh's teachings can help the listener to achieve a more authentic self
- List the traditional teachings (*gathas*) described by Thich Nhat Hanh
- Utilize breathing techniques to deal with issues such as pain, anger and maintaining strength in times of difficulty
- List the aforementioned techniques
- Demonstrate how to maintain being in the present, not getting lost in the past or caught up in the future

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The Art of Mindful Living: How to Bring Love, Compassion, and Inner Peace into Your Daily Life By Thich Nhat Hanh Bibliography

- Sales Rank: #507234 in Books
- Published on: 2000-11-01
- Number of discs: 2
- Formats: Audiobook, CD, Unabridged
- Original language: English
- Number of items: 2
- Dimensions: 5.02" h x .47" w x 5.62" l, .26 pounds
- Running time: 8280 seconds
- Binding: Audio CD
- 2 pages

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Editorial Review

About the Author

Thich Nhat Hanh

Thich Nhat Hanh is a Zen master in the Vietnamese tradition, scholar, poet, and peace activist. He is the founder of the Van Hanh Buddhist University in Saigon and has taught at Columbia University and the Sorbonne. Thich Nhat Hanh is the author of the national bestseller *Living Buddha, Living Christ* and over 60 other books. He was nominated for the 1967 Nobel Peace Prize by Martin Luther King, Jr.

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