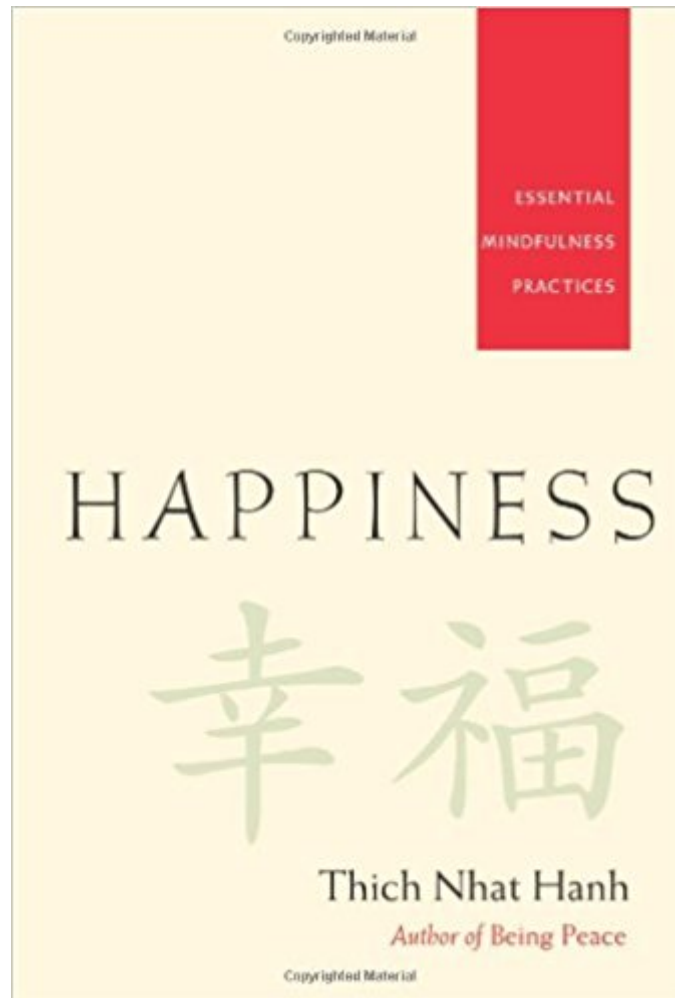




Ebook Directory
the best source of ebook

The book was found

Happiness: Essential Mindfulness Practices



Synopsis

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 the 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. Happiness is structured to introduce those new to Buddhist teachings as well as for more experienced practitioners. Happiness is the quintessential resource of mindfulness practices. Integrating these practices into daily life allows the reader to begin to cultivate peace and joy within him/herself, leading to solidity and freedom from fear, misunderstanding, and suffering. With the practices offered in Happiness Thich Nhat Hanh encourages the reader to learn to do all the things they do in daily life with mindfulness; to walk, sit, work, eat, and drive, with full awareness of what they are doing. It can bring about a shift towards one of the principles of engaged Buddhism, a shift towards practicing mindfulness in every moment of the day and not just while formally meditating. Thich Nhat Hanh encourages his readers to "try to be intelligent and skillful in their practice, approaching every aspect of the practice with curiosity and a sense of search. It's important to practice with understanding and not just for the form and appearance. Enjoy your practice with a relaxed and gentle attitude, with an open mind and receptive heart."

Book Information

Paperback: 120 pages

Publisher: Parallax Press (July 20, 2005)

Language: English

ISBN-10: 1888375914

ISBN-13: 978-1888375916

Product Dimensions: 5.4 x 0.5 x 7.9 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 44 customer reviews

Best Sellers Rank: #58,020 in Books (See Top 100 in Books) #61 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Philosophy #65 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality #88 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice

Customer Reviews

Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books

include Happiness and Peace Is Every Step. He lives in Plum Village in southwest France, where he teaches the art of mindful living.

Thich nhat Hahn never seems to fail. This book is very simple and a great read. It gives practical suggestions on waking up, all different types of meditations and breathing. Just a simple, easy, great read.

Thich Nhat Hanh delivers a wonderful, calming message about happiness and how we can hold it in our lives. I very much enjoyed this reading, and his writing is simple and easy to follow. I would recommend this book to absolutely anyone - even if you already have enough happiness in your life (and I'm still working on that!), it's still a wonderful refresher on to invite and keep happiness without so much effort. I've enjoyed all of his books so far and have a mission to read them all, as I enjoy his delightful insights! Thank you.

Absolutely amazing book. I always have had trouble being mindful and calm with my everyday life and this definitely has instituted some great practices in my life. I would recommend this book everyone and anyone

I've studied Buddhism for a while and have read a fair amount about it (and I realize that that and \$2.00 will get me a cup of coffee at most places). Thich Nhat Hanh's books cover the theory of Buddhism but he writes more from the standpoint of how to live your life in accord with its precepts (as well as that of most, if not all, major religions aside from the fundamentalist sects). His writing is good, clear, and simple. I like it. I'd order this book again.

This was my first reading of a Thich Nhat Hanh book, and it definitely won't be my last. What a wonderful introduction to the wondrous world of mindfulness living and meditation. Highly recommended.

a must

Life-changing and wonderful. You do not need to be Buddhist at all to benefit from this wonderful book. Get it!

The mindful practices outlines in this book are practical and effective. I would highly recommended this book to everyone. I even sent a copy to my son, and he has found it useful

[Download to continue reading...](#)

Happiness: Essential Mindfulness Practices Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Essential Oils: Essential Oil Recipe Book - 30 Proven Essential Oil Recipes ::: My Essential Oil Private Collection Vol. 1 (Private Collection Essential Oils) The Home Reference to Holistic Health and Healing: Easy-to-Use Natural Remedies, Herbs, Flower Essences, Essential Oils, Supplements, and Therapeutic Practices for Health, Happiness, and Well-Being The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) The Mindfulness Coloring Book: Anti-Stress Art Therapy for Busy People (The Mindfulness Coloring Series) Mindfulness for Bipolar Disorder: How Mindfulness and Neuroscience Can Help You Manage Your Bipolar Symptoms Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn 10-Minute Mindfulness: 71 Habits for Living in the Present Moment (Mindfulness Books Series Book 2) Mindfulness: How To Be In The Present Moment Everywhere In Your Everyday Life, 2.0 (FREE Bonus Included) (Mindfulness For Beginners, Meditation, Finding Peace, Present moment) The Mindfulness Coloring Engagement Calendar 2017: Color Your Way to Calm Week by Week (The Mindfulness Coloring Series) The Mindfulness Coloring Engagement Calendar 2018: Color Your Way to Calm Week by Week (The Mindfulness Coloring Series) The Headspace Guide to Meditation and Mindfulness: How Mindfulness Can Change Your Life in Ten Minutes a Day Mindfulness for Beginners Blueprint: 40 Steps to Become More Present in the Moment Through Meditation ? Anxiety ? Exercise - Reduce Stress - Happiness Meditation for Beginners: Ultimate Guide to Relieve Stress, Depression and Anxiety (Meditation, Mindfulness, Stress Management, Inner Balance, Peace, Tranquility, Happiness) Meditation Techniques: Complete Guide to Relieving Stress, Mindfulness, Happiness and Peace (Meditation Made Easy For Beginners, How To Reduce Stress, Anxiety, Restore Confidence and Inner Peace) Mindfulness: A Step-by-Step Beginners Guide on Living Your Everyday Life with Peace and Happiness by Becoming Stress Free Mindfulness: A Step-By-Step Beginners Guide on Living Your Everyday Life with Peace and Happiness by Becoming Stress Free (Buddhism - Stop Your Worries, ... Your Stress and Anxiety with Meditation) Mindfulness Meditation for Pain Relief: Guided Practices for

