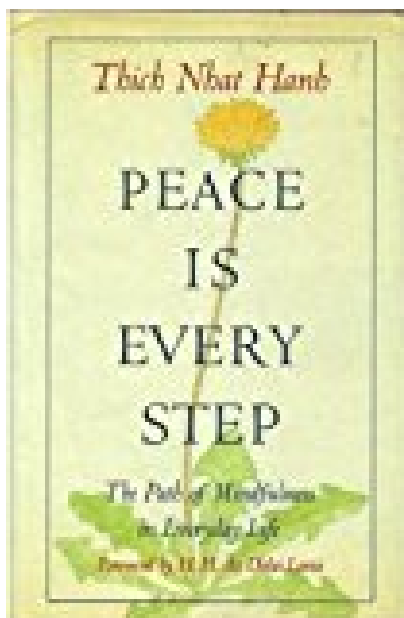


Peace is Every Step The Path of Mindfulness in Everyday Life



BOOK DETAILS

- Author : Thich Nhat Hanh
- Pages : 134 Pages
- Publisher : Bantam
- Language : English
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BOOK SYNOPSIS

Teaches the Zen practice of mindfulness, the act of keeping ones consciousness alive to ones experiences, and offers methods for continuing the quest for spiritual fulfillment amid daily modern life

PEACE IS EVERY STEP THE PATH OF MINDFULNESS IN EVERYDAY LIFE -

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