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Breathe! You Are Alive: Sutra on the Full Awareness of Breathing

By Thich Nhat Hanh

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Breathe! You Are Alive: Sutra on the Full Awareness of Breathing, Thich Nhat Hanh, 'Breathing brings the secret joy of meditation to you. You become joyful, fresh and tolerant and everyone around you will benefit.' The Sutra on the Full Awareness of Breathing is one of the three most essential teachings of the Buddha. In Breathe! You Are Alive, scholar, poet and Zen master Thich Nhat Hanh unfolds this core teaching, showing how to apply it to everyday life. He explains the methods of conscious breathing that are presented in the sutra and offers exercises for practicing those methods today. Moreover, his engaging commentary shows the profound nourishment that can be available to us when we slow down and get in touch with our breathing. Breathe! You Are Alive shows how we all begin to take in peace and happiness with each and every breath.



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