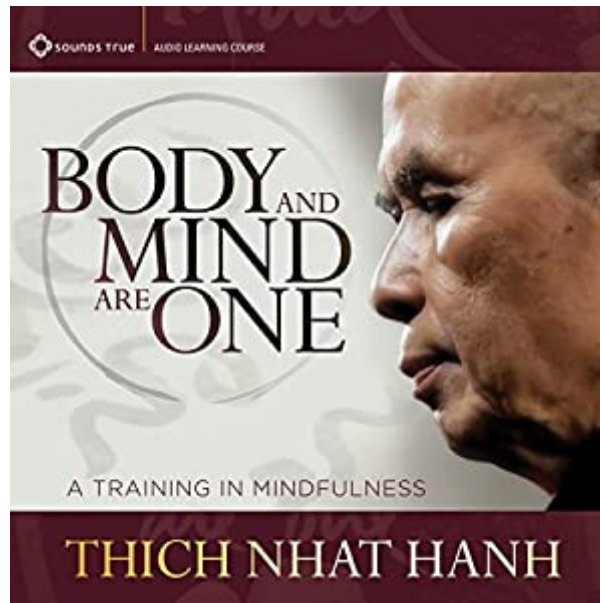




Ebook Directory
the best source of ebook

The book was found

Body And Mind Are One: A Training In Mindfulness



Synopsis

An Unparalleled Training in Mindfulness with Thich Nhat Hanh When your body and mind work together as one, you are fully and naturally present in the moment. This is the essence of mindfulness practice - allowing us to touch the wonders of life in the here and now. *Body and Mind Are One* is at once a practical teaching series covering fundamental Buddhist principles for a joyful life and a living transmission of insight from beloved Zen master Thich Nhat Hanh, who has practiced, shared, and lived this profound wisdom for over seven decades. *Your Breath: The Bridge between Mind and Body* In our hectic modern world, many of us race from one to-do to the next, planning this and worrying about that. Thoughts and unconscious habits often consume us, numbing us to our true experience and to the suffering we create for ourselves and those around us. The Buddha taught how to break this cycle and come home to our bodies - and to the wonders of life found only in the present moment. Your breath is the key. On *Body and Mind Are One*, Thich Nhat Hanh teaches you the Buddha's exercises for using your breath to cease internal conflict, release tension and anxiety, and become aware of the conditions for happiness and freedom that are always available. "Through mindfulness," teaches Thich Nhat Hanh, "we can recognize the miracle of being alive, and that is the greatest of all miracles." Experience the wise and healing presence of this unsurpassed teacher, as breath by breath, you follow his simple guidance into what he calls "the Pure Land of the Buddha, the Kingdom of God, in the here and the now." Highlights: The life-changing energies of mindfulness, concentration, and insight Your presence, the greatest gift you can offer the world Being there: the first aim of meditation The meaning of emptiness, impermanence, and interbeing Touching the Buddha within you Transforming discrimination, fear, anger, and other inner afflictions Karma as actions of thought, speech, and body The Buddha's exercises for mindful breathing How to nourish the seeds of compassion and lovingkindness within you The Five Mindfulness Trainings as concrete guidelines for reducing suffering and increasing our happiness and true freedom

Book Information

Audible Audio Edition

Listening Length: 7 hours 18 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: May 31, 2013

Language: English

ASIN: B00D4C7LTO

Best Sellers Rank: #186 in [Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions](#) #230 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality](#) #812 in [Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult](#)

Customer Reviews

Love this, simply explained, very helpful

As always, Thich Nhat Hanh teaches complex, profound ideas in an easy to understand manner. He also has a wonderful sense of humor, laughs often, and helps me to stay in the moment.

Hard to understand

It is a rare moment in one's life when an idea so profound is presented to you in such a way that it changes your life. Thich Nhat Hanh has changed my life and made me see things that I never knew about myself and the world around me.

I have read several of Thich Nhat Hanh's books as well as listened to several of his cd's. I love his wisdom and comforting way of speaking.

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

Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Body and Mind Are One: A Training in Mindfulness Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house

breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Dog Crate Training: 8 Tips to Help Your Best Friend Adjust (Dog Training, dog crate training problems, dog separation anxiety, dog potty training Book 1) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Dog Training -Train Your Dog like a Pro:The Ultimate Step by Step Guide on How to Train a Dog in obedience(Puppy Training, Pet training book) (Dog Training, ... training books,How to train a dog, Book 2) The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, Guide to Weight Training for Sports, 25) Puppy Training: The full guide to house breaking your puppy with crate training, potty training, puppy games & beyond (puppy house breaking, puppy housetraining, ... dog tricks, obedience training, puppie) Running with the Mind of Meditation: Lessons for Training Body and Mind

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)