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We can condition our bodies and minds to happiness with the five practices of letting go, inviting positive seeds, mindfulness, concentration, and insight. Even if happiness is already manifesting, we have to continue to nourish it. This is sometimes called conditioning, and it's very important. We

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Encouraging readers to be intelligent and skillful in their practice, this new collection by Thich Nhat Hanh outlines the essential steps by which we can all obtain real and lasting happiness. Each day, we perform the tasks of everyday life without thought or awareness walking, sitting, working, eating, driving, and much more.

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Thich Nhat Hanh here shows the way to overcome our recurrent obstacles to love - by learning to be mindful, open, and present with ourselves and others. As he explains, "training is needed in order to love properly; and to be able to give happiness and joy, you must practice deep looking directed toward the person you love."

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