



## Transformation and Healing: Sutra on the Four Establishments of Mindfulness

By Thich Nhat Hanh

Parallax Press. Paperback. Condition: New. 152 pages. Dimensions: 7.8in. x 5.3in. x 0.5in. The Sutra has been studied, practiced, and handed down with special care from generation to generation for 2,500 years. In these commentaries, Thich Nhat Hanh guides the reader to an understanding of the fundamental basis of the Buddhist practice and encourages application in daily life. The book describes the four methods of mindfulness: mindfulness of the body, the feelings, the mind, and the object of mind. It teaches how to deal with anger and jealousy; to nurture the best qualities in our children, spouse, and friends; and to greet death with compassion and equanimity. Three versions of the Sutra on the Four Establishments of Mindfulness are presented here, along with Thich Nhat Hanh's insightful commentary, his discussion of breathing techniques, and 23 exercises or contemplations to aid in the daily practice of mindfulness. Accessible to novice Buddhists as well as more advanced practitioners, this second edition features a new introduction by the author. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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