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MAKING SPACE: CREATING A HOME MEDITATION PRACTICE



Parallax Press, United States, 2012. Paperback. Book Condition: New. Original. 150 x 99 mm. Language: English . Brand New Book. Find peace and calm amid the busyness of your life with this new book by Zen Master Thich Nhat Hanh. Designed to be both inspiration and guidebook for those new to mindfulness practice, Making Space offers easy-to-follow instructions for setting up a breathing room, listening to a bell, sitting, breathing, and walking meditations, and cooking and eating a meal in...

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- Authored by Thich Nhat Hanh
- Released at 2012



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