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Parallax Press, United States, 2005. Paperback. Book Condition: New. 201 x 129 mm. Language: Spanish Brand New Book. This is the Spanish translation of Be Free Where You Are, Zen Master Thich Nhat Hanh?s compendium of core teachings. A transcription of a talk given at the Maryland Correctional Institution at Hagerstown, it demonstrates how mindfulness practice can cultivate freedom no matter where you are.

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- Authored by Thich Nhat Hanh
- Released at 2005



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