



The Long Road Turns to Joy A Guide to Walking Meditation

By Thich Nhat Hanh

Parallax Press. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 6.4in. x 4.4in. x 0.2in. One of the few books focused completely on mindful walking and walking meditation. This revised edition of the best-selling title (nearly 80, 000 copies sold to date) includes over 30 percent new material including new walking meditation poems and practices and provides a practical and inspirational introduction to this important practice. Written in Thich Nhat Hanh's clear and accessible style, Long Road Turns To Joy reminds us that we walk not in order to arrive, but walk just for walking. Touching the earth with our feet is an opportunity to live in the here and now. Thich Nhat Hanh reminds us to enjoy each step and each breath in order to regain peace in difficult moments. The simple practice of walking with attention and mindfulness can bring the spirit of prayer into our everyday life. This book will appeal to anyone who would like to get more out of walking, from long-time meditators to those who are just looking for a way to make their walk around the block more meaningful. Features photographs of walking meditation from around the world. Foreword by Robert Aitken, author of Taking the...



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