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Happiness: Essential Mindfulness Practices Paperback – 20 July 2005 by Thich Nhat Hanh (Author) · Visit Amazon's Thich Nhat Hanh Page. Find all the books, read about the author, and more. See search results for this author. Thich Nhat Hanh (Author) 4.9 out of 5 stars 112 ratings.

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Thich Nhat Hanh's central teaching is that, through mindfulness, we can learn to live in the present moment instead of in the past and in the future. It's only way to truly develop peace, both in one's self and in the world. Now, for the first time, all of Thich Nhat Hanh's key practices are collected in one accessible and easy-to-use volume.

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