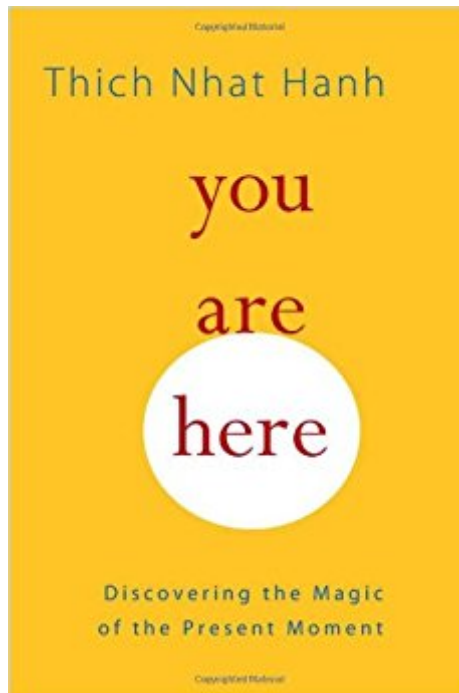




Ebook Directory
the best source of ebook

The book was found

You Are Here: Discovering The Magic Of The Present Moment



Synopsis

In this book Thich Nhat Hanh, the renowned Zen monk, author, and meditation master, distills the essence of Buddhist thought and practice, emphasizing the power of mindfulness to transform our lives. "Mindfulness is not an evasion or an escape," he explains. "It means being here, present, and totally alive. It is true freedom" and without this freedom, there is no happiness. Based on a retreat that Thich Nhat Hanh led for Westerners, this book offers a range of simple, effective practices for cultivating mindfulness, including awareness of breathing and walking, deep listening, and skillful speech. *You Are Here* also offers guidance on healing emotional pain and manifesting real love and compassion in our relationships with others.

Book Information

Paperback: 160 pages

Publisher: Shambhala; Reprint edition (December 21, 2010)

Language: English

ISBN-10: 1590308387

ISBN-13: 978-1590308387

Product Dimensions: 5 x 0.4 x 7.6 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 260 customer reviews

Best Sellers Rank: #5,700 in Books (See Top 100 in Books) #7 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice #8 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality #994 in Books > Religion & Spirituality

Customer Reviews

"Thich Nhat Hanh shows us the connection between personal inner peace and peace on earth." "His Holiness the Dalai Lama" "Thich Nhat Hanh writes with the voice of the Buddha." "Sogyal Rinpoche, author of *The Tibetan Book of Living and Dying*

A Vietnamese Zen Buddhist monk, Thich Nhat Hanh is an internationally known author, poet, scholar, and peace activist, and was nominated for the Nobel Peace Prize by Martin Luther King Jr. He is the author of numerous books, including the best-selling *Living Buddha, Living Christ*; *Anger: Wisdom for Cooling the Flames*; *Peace Is Every Step*; and *The Miracle of Mindfulness*. He has founded monastic communities in France, Vermont, and California and teaches actively around the

world.

I don't think I am going to be able to say anything about Thich Nhat Hanh that hasn't been said before but I can let you know about my experience. I started attending a local Zen Center to help me with meditation. I had passing familiarity with some of the concepts discussed in this book but this is a highly accessible format. I would say this is a great introduction and introduces some more advanced concepts if you want to dive deeper.

He's truly a prophet! Reading and re reading his words and his books are habit forming. This book is no exception, and you'll find yourself changing the way you live, interact with others, and savor each day! So inspiring I attended his life changing lecture.

Great book for anyone looking to find inner peace and trying to enjoy the present moment.

Brilliant and inspiring

All is well.

The book meanders a bit, but has many bits of good advice for those looking to focus more on the present. It's also a great introduction to Buddhism.

Universal wisdom, written beautifully

I found this book to be an easy to follow, personal encounter with the author. The essential principles of Buddhism are mapped out ever so eloquently.

[Download to continue reading...](#)

Magic Cards: Magic the Gathering - 33 Killer Tips from a Magic Master! (Magic Cards, Magic the Gathering, Magic Decks, Magic the Gathering Tips, Magic Card Tips, How to Play Magic, Magic)
You Are Here: Discovering the Magic of the Present Moment Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Mindfulness: How To Be In The Present Moment Everywhere In Your Everyday Life, 2.0 (FREE Bonus Included) (Mindfulness For Beginners, Meditation, Finding Peace, Present moment) Wicca Magic Starter Kit: Candle Magic, Crystal Magic,

and Herbal Magic Mindfulness for Beginners: Reclaiming the Present Moment and Your Life(Book & CD)) Mindfulness for Beginners Blueprint: 40 Steps to Become More Present in the Moment Through Meditation ? Anxiety ? Exercise - Reduce Stress - Happiness 10-Minute Mindfulness: 71 Habits for Living in the Present Moment (Mindfulness Books Series Book 2) 10-Minute Mindfulness: 71 Habits for Living in the Present Moment Present Moment Parenting: The Guide to a Peaceful Life with Your Intense Child Parenting in the Present Moment: How to Stay Focused on What Really Matters Bill Bryson Collector's Edition: Notes from a Small Island, Neither Here Nor There, and I'm a Stranger Here Myself CARD THROUGH HANDKERCHIEF - A Classic Magic Trick with a Borrowed Handkerchief: A Magic Trick Tutorial that explains how a freely chosen playing card passes ... a borrowed hanky (Magic Card Tricks Book 6) The Baine Chronicles Series, Books 1-3: Burned by Magic, Bound by Magic, Hunted by Magic It's Getting Hot in Here: The Past, Present, and Future of Climate Change Love Lives Here: Finding What You Need in a World Telling You What You Want Sound (Discovering Science) (Discovering Science) Discovering Old Buttons (Shire Discovering) Re-discovering Medieval Realms: Britain 1066-1500: Pupil's Book (Re-Discovering the Past) Discovering Wine: A Refreshingly Unfussy Beginner's Guide to Finding, Tasting, Judging, Storing, Serving, Cellaring, and, Most of All, Discovering Wine

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)