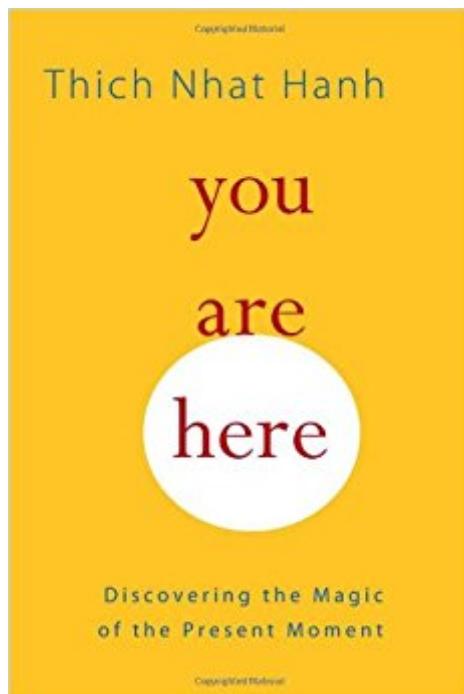


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# You Are Here: Discovering The Magic Of The Present Moment



## 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

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## 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.

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