



Your True Home: The Everyday Wisdom of Thich Nhat Hanh

Thich Nhat Hanh

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Bringing the energy of true presence into our lives really does change things for the better—and all it takes is a little training. This treasury of 365 gems of daily wisdom from one of the most beloved Buddhist teachers of our age is a help and support for anyone who wants to train to meet every moment of life with 100 percent attention. Thich Nhat Hanh shows how practicing mindfulness can transform every area of our lives—and how its benefits radiate beyond us to affect others and the whole, larger world.

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Randi Adams:

Why? Because this Your True Home: The Everyday Wisdom of Thich Nhat Hanh is an unordinary book that the inside of the publication waiting for you to snap it but latter it will jolt you with the secret that inside. Reading this book next to it was fantastic author who all write the book in such remarkable way makes the content on the inside easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you for not hesitating having this any more or you going to regret it. This excellent book will give you a lot of advantages than the other book have got such as help improving your talent and your critical thinking means. So , still want to postpone having that book? If I have been you I will go to the publication store hurriedly.

Billy Doyle:

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