

"You could spend the rest of your life reading and rereading this deceptively simple book; it is that deep."  
—Rick Hanson, PhD, *Buddha's Brain*



## **Peace of Mind: Becoming Fully Present**

*Thich Nhat Hanh*

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# Peace of Mind: Becoming Fully Present

*Thich Nhat Hanh*

## **Peace of Mind: Becoming Fully Present** Thich Nhat Hanh

We can't heal with our minds alone. Thinking can be something productive and creative, but without integrating body and mind, much of our thinking is useless and unproductive. In *Peace of Mind*, Zen master Thich Nhat Hanh reminds us that integrating body and mind is the only way to be fully alive in each moment, without getting lost in our thoughts while walking, cooking, driving, and going about our everyday lives. Only by cultivating a mindful body and an embodied mind can we be fully alive. Bringing together ancient wisdom and contemporary thinking, Thich Nhat Hanh says it's like hardware and software—if you don't have both, you can't do anything.

*Peace of Mind* provides a foundation for beginning mindfulness practices and understanding the principles of mind/body awareness. By learning how our physical body and mind are inseparable in creating our own perceptions and experiences we can begin to trust and nourish our ability to create well-being.

## **Peace of Mind: Becoming Fully Present Details**

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Author : Thich Nhat Hanh

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## **From Reader Review Peace of Mind: Becoming Fully Present for online ebook**

### **Melissa says**

I adored this book. It was a constant comfort and its beautiful voice helped me return to the present simply by reading it. It flows and its method of repetition helps to establish the thoughts and methods of meditation. As someone who suffers from anxiety and being present this has been a delight. I can't wait to read again.

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### **Derek says**

Peace of Mind is a relaxing book full of wisdom. Thich Nhat Hanh's voice is friendly and calm, and I found myself taking a few notes on some of his teachings. I think I will read this one again.

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### **Kelsey says**

This book contains excellent mantras for becoming more mindful in everyday life, but is very repetitive.

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### **Shannon says**

This is a brief, but wonderful book with lots to teach. I finished it with about 20 earmarked pages to go back and review as I try to incorporate some of the lessons into daily life.

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### **Chloe W says**

It's a beautiful book, worth reading.

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### **Malwina says**

"When you take good care of yourself and reduce suffering in yourself, you are helping other people. When you're able to generate peace with every step, the whole world profits."

Simple yet beautiful guide to a mindful living. Reading it feels almost like you're attending one of Master Hanh's lectures. He encourages the reader to live in the here and now by suggesting many practical exercises. You get to learn how to follow your breath, be aware of your body and be at peace with it or how to embrace your negative emotions. It's a must-read if you want to start practicing generating the energy of mindfulness and live in compassion with yourself and the world around you.

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**WR says**

Am trying to be more mindful, not just in terms of meditation but in Everyday living. so the book's message and exercises really resonated with me.

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**Jennifer says**

Loved. Loved learning more about mindfulness and meditation.

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**Ty-Orion says**

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**Megan says**

It took me a longtime to read this book because every page is brilliant.

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**Naresh Etikyala says**

Thank you! Thich.  
It's Awsome Feel.

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**Linn Lindström says**

I liked this book! Very soothing, and thoughtful. It does repeat a bit, as others have mentioned, but I chose to consider it a guided meditation in written form. Reading a few pages per day and letting the words stay in my head gave me a lot.

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**Sian Lile-Pastore says**

i love thich, and he seems to realy love tea.

this is the third book i've read by him, and i have to admit, they are all blending into one, but it's a really good one - full of wisdom and sweetness.

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**Eduardo says**

"We are like a boat crossing the ocean. If the boat encounters a storm and everyone panics, the boat will turn over. If there is one person in the boat who can remain calm, that person can inspire other people to be calm."

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**Jilles says**

Beautiful and very simple book about meditation, written in a gentle way that makes meditating seem like something joyful to do.

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