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# Making Space: Creating a Home Meditation Practice



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Prsentation de l'diteurFind peace and calm amid the busyness of your life with this new book by Zen Master Thich Nhat Hanh. Designed to be both inspiration and guidebook for those new to mindfulness practice, Making Space offers easy-to-follow instructions for setting up a breathing room, listening to a bell, sitting, breathing, and walking meditations, and cooking and eating a meal in mindfulness. Whether you live alone or with a family, this beautifully illustrated book can help you create a sense of retreat and sanctuary at home.Prsentation de l'diteurFind peace and calm amid the busyness of your life with this new book by Zen Master Thich Nhat Hanh. Designed to be both inspiration and guidebook for those new to mindfulness

practice, *Making Space* offers easy-to-follow instructions for setting up a breathing room, listening to a bell, sitting, breathing, and walking meditations, and cooking and eating a meal in mindfulness. Whether you live alone or with a family, this beautifully illustrated book can help you create a sense of retreat and sanctuary at home. *Biographie de l'auteur* Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books include *Happiness and Peace Is Every Step*. He lives in Plum Village in southwest France, where he gardens, writes, and teaches the art of mindful living.