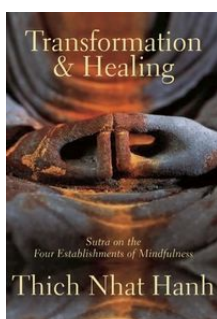


TRANSFORMATION AND HEALING: SUTRA ON THE FOUR ESTABLISHMENTS OF MINDFULNESS

The Sutra has been studied, practiced, and handed down with special care from generation to generation for 2,500 years. In these commentaries, Thich Nhat Hanh guides the reader to an understanding of the fundamental basis of the Buddhist practice and encourages application in daily life. The book describes the four methods of mindfulness: mindfulness of the body, the feelings, the mind, and the object of mind. It teaches how to deal with anger and jealousy;...



READ/SAVE PDF EBOOK

Transformation and Healing: Sutra on the Four Establishments of Mindfulness

Author	Thich Nhat Hanh
Original Book Format	Paperback
Number of Pages	152 pages
Filetype	PDF / ePUB / Mobi (Kindle)
Filesize	3.71 MB

Click the button below to save or get access and read the book Transformation and Healing: Sutra on the Four Establishments of Mindfulness online.



Reader's Opinions

Incredible depth within the simple language and practical exercises of the Sutra - which Thich Nhat Hanh brings to life with his deep understanding and compassion. An actual experience of healing and transformation ...