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PEACE OF MIND: BECOMING FULLY PRESENT (PAPERBACK)



Parallax Press, United States, 2013. Paperback. Book Condition: New. 201 x 135 mm. Language: English . Brand New Book. We cant 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...

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- Authored by Thich Nhat Hanh
- Released at 2013



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