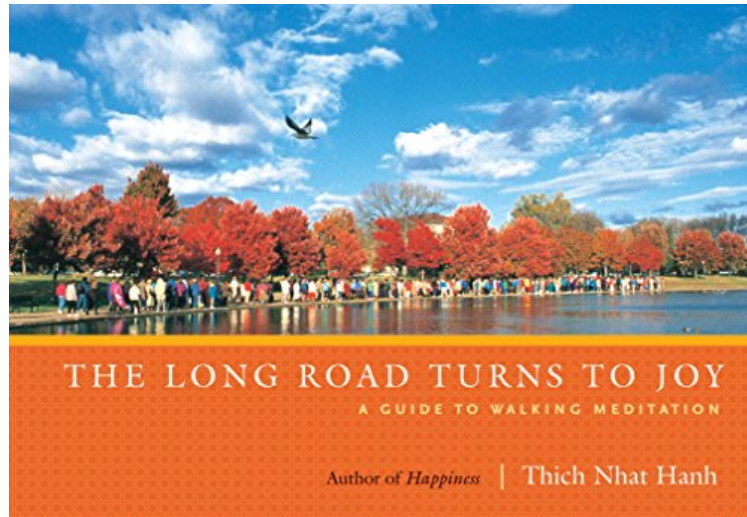


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The Long Road Turns to Joy: A Guide to Walking Meditation

Von Thich Nhat Hanh

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Von Thich Nhat Hanh : The Long Road Turns to Joy: A Guide to Walking Meditation before purchasing it in order to gage whether or not it would be worth my time, and all praised The Long Road Turns to Joy: A Guide to Walking Meditation:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. The best self-help book I've readVon Ein KundeThis simple and easy to read guide to walking meditation is much deeper than it looks. It is a step-by-step instruction book on the way (and pleasure) of walking meditation.I can tell you first hand that a slow and mindful walk does wonders for lifes daily stress. Hanh is Buddhist monk that writes for the general public. He shares his insites with the reader about the benefits of a quiet meditative walk. He covers breathing and mind-calming techniques for those who wish to explore walking meditation more deeply. I recommend this book to anyone who wishes they could excape from lifes turmoil and slow down a bit. It may end up being the best \$7.00 you've ever spent.0 von 0 Kunden fanden die folgende Rezension hilfreich. Every pocket should have one!Von Ein KundeDo you think that walking is boring? Or simply a meansof getting from A to B as quickly as possible? Make lifereal with every step you take! In this lovingly written, pocket-sized book the Zen master, teacher and poet Thich Nhat Hanh explains how walking can become a form of meditation, revolutionizing your daily life. Let this book be your companion and discover the way to walk for the sake of walking; unify your mind, body and breath; really see and appreciate your surroundings; and most of all, enjoy yourself! Print your footsteps in peace, joy and happiness. You are your path in life - so take a breath and start to walk!0 von 0 Kunden fanden die folgende Rezension hilfreich. Walking is the essence of life.Von Ein KundeAlthough we have our automobiles and bikes, elevators and escalators, walking is something that we cannot avoid in this society. Many of us may rush off to business meetings or appointments and forget about the beauty of nature that surrounds us everyday.This book teaches how to put our mind on the simple things of life again in order to recover our peace of mind in our "instant" society. This Vietnamese Zen Master teaches "walking just for the sake of walking"; something I think we all should learn.

Kurzbeschreibung One of the few books focused completely on mindful walking and walking meditation. This revised edition of the best-selling title (nearly 80,000 copies sold to date) includes over 30 percent new material including new walking meditation poems and practices and provides a practical and inspirational introduction to this important practice. Written in Thich Nhat Hanh's clear and accessible style, *Long Road Turns To Joy* reminds us that we "walk not in order to arrive, but walk just for walking." Touching the earth with our feet is an opportunity to live in the here and now. Thich Nhat Hanh reminds us to enjoy each step and each breath in order to regain peace in difficult moments. The simple practice of walking with attention and mindfulness can bring the spirit of prayer into our everyday life. This book will appeal to anyone who would like to get more out of walking, from long-time meditators to those who are just looking for a way to make their walk around the block more meaningful. Features photographs of walking meditation from around the world. Foreword by Robert Aitken, author of *Taking the Path of Zen*. From Publishers Weekly. Health Advice Walking for physical health has become this country's most popular exercise. In *The Long Road Leads to Joy: A Guide to Walking Meditation*, Buddhist monk and peace activist Thich Nhat Hanh illuminates the spiritual benefits afforded by walking mindfully. Encouraging his readers to walk with their attention on the present and gently to resist struggling with issues of the past or problems of the future, the author offers short meditative verses and personal observations to facilitate the practice of "walking peacefully." BOMC/One Spirit selection. Copyright 1996 Reed Business Information, Inc.

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