

The Art Of Living

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'The Art of Living' is probably the best Buddhist book I've read so far. I provides the clearest, yet most sophisticated explanation on emptiness I've come across. Thich Nhat Hanh gives very helpful and easily remembered instructions on practising mindfulness, concentration and insight. Highly recommended for both beginners and experienced practitioners alike. Read more. 28 people found this ...

The Art of Living: Amazon.co.uk: Hanh, Thich Nhat ...

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The Art Of Living

The Art of Living by Thich Nhat Hanh Does Zen master, global spiritual leader, poet and peace activist Thich Nhat Hanh need any further introduction? For me it is the first of his books I have read and it wont be the last. I enjoyed his clear and simple way of writing and explaining.

The Art of Living by Thich Nhat Hanh - Goodreads

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The Art of Living

The Art of Living Foundation is a volunteer-based, humanitarian and educational non-governmental organization (NGO). It was founded in 1981 by Sri Sri Ravi Shankar. The Art of Living Foundation has centers in more than 156 countries. Art of Living offers several stress-elimination and self-development programs based on breathing techniques, meditation and yoga.

Art of Living Foundation - Wikipedia

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The Art Of Living is a small book (144 pages) with big messages. I consider this book a personal development classic because while it's a modern book (1994), it ' s author Sharon Lebell's "interpretation" of the classic work by stoic philosopher Epictetus. Epictetus was born in A.D. 55 in the eastern outreaches of the Roman Empire. The book has been called the Western equivalent to the ...

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