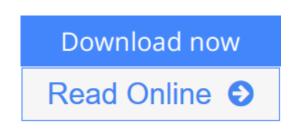


# Felicidad: Prácticas esenciales de mindfulness (Spanish Edition)

By Thich Nhat Hanh



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The fundamental teachings of Zen teacher Thich Nhat Hanh is that full awareness, or mindfulness, can teach us to live in the present and to develop inner peace. Accessible to both newcomers to Buddhism as well as those more experienced, this is the only book with a collection of all practices developed by the author during his more than 60 years as a Buddhist monk and teacher. With sections dedicated to daily practice, relationships, physical exercise, healthy eating, and activities for children, this book is a complete guide to living in full awareness of daily life.

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About the Author

**Thich Nhat Hanh** is a Buddhist monk and teacher, a poet, a peace activist, and the author of *Be Free Where You Are, The Miracle of Mindfulness*, and Peace Is Every Step

. He was nominated for the Nobel Peace Prize by Martin Luther King Jr. in 1967.

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