



## Felicidad: Prácticas esenciales de mindfulness (Spanish Edition)

By *Thich Nhat Hanh*

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### Editorial Review

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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