



## The Path of Emancipation

By Thich Nhat Hanh

Full Circle, New Delhi, India. Paperback. Book Condition: New. In May 1998, more than four hundred practitioners from around the world joined Thich Nhat Hanh's first 21-day retreat in North America in Vermont to experience mindfulness. The Path to Emancipation, which transcribes this retreat, comprises an in-depth instruction in the Sixteen Ways of Breathing from the Discourse on the full Awareness of Breathing. Applying the teachings to everyday life, Thich Nhat Hanh shows how it is possible to slow down and get in touch with our breathing. He teaches the practice of mindful breathing, walking, and sitting and how the practice of mindfulness releases suffering and leads to a wholesome and happy life. Thich Nhat Hanh is a Vietnamese Buddhist monk, poet and tireless worker for peace. He leads a meditation community in southwestern France, and he is author of more than eighty-five books in English. These twenty-one days in Vermont with Thich Nhat Hanh transformed our family. Perhaps the most powerful insight, however, was that 'Vermont' is everywhere—every step we take, work spoken or not spoken? Printed Pages: 279. Size: 14 Cms x 22 Cms.

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