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*"Thich Nhat Hanh writes with the voice of the Buddha." —Sogyal Rinpoche*

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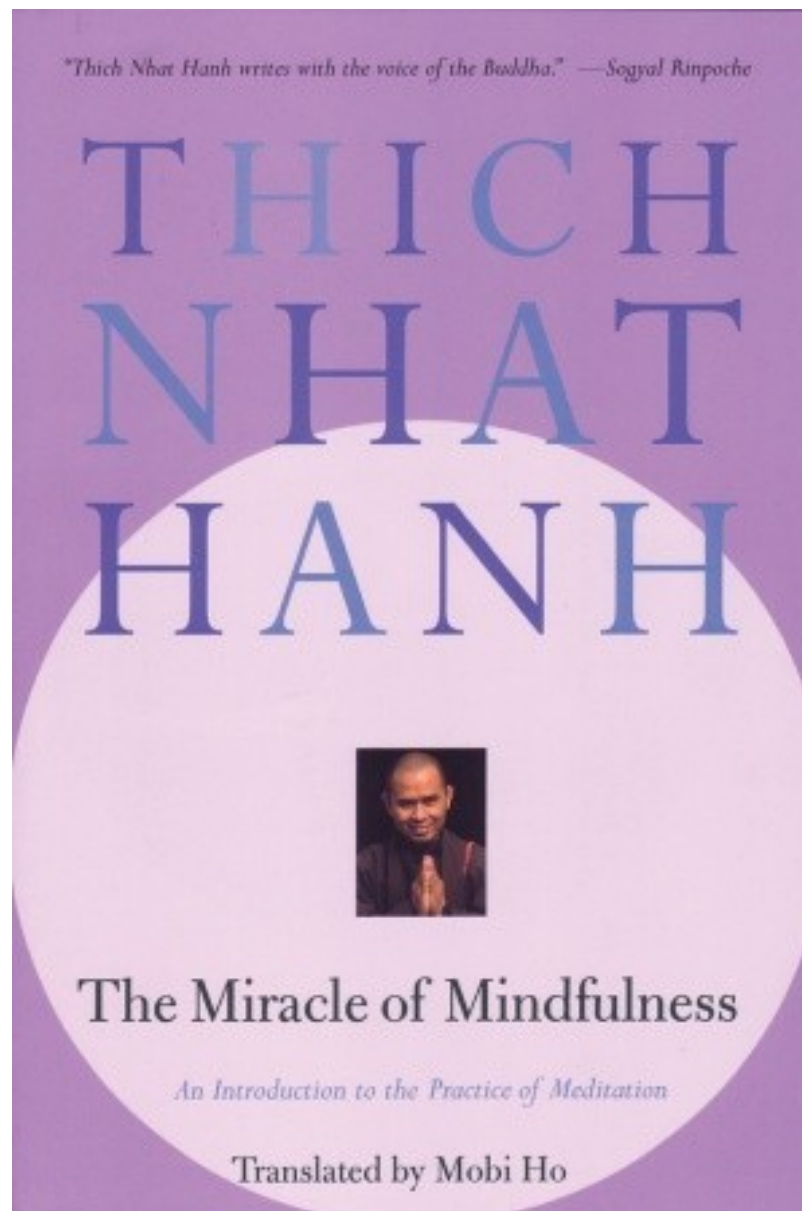


## The Miracle of Mindfulness

*An Introduction to the Practice of Meditation*

Translated by Mobi Ho

**The Miracle of Mindfulness: An Introduction to the Practice of Meditation  
by Thich Nhat Hanh**



## Synopsis:=====

In this beautiful and lucid guide, Zen master Thich Nhat Hanh offers gentle anecdotes and practical exercise as a means of learning the skills of mindfulness--being awake and fully aware. From washing the dishes to answering the phone to peeling an orange, he reminds us that each moment holds within it an opportunity to work toward greater self-understanding and peacefulness.

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