

PEACE IS EVERY STEP

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Through deceptively simple practices, Peace Is Every Step encourages the reader to work for peace in the world as he or she continues to work on sustaining inner peace by turning the "mindless" into the mindful. Peace Is Every Step is a useful, and necessary, addition to any Buddhist studies or self-help reference shelf. --

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Peace Is Every Step: The Path of Mindfulness in Everyday Life by Thich Nhat Hanh 23,877 ratings, 4.34 average rating, 1,131 reviews Peace is present right here and now, in ourselves and in everything we do and see. Every breath we take, every step we take, can be filled with peace, joy, and

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Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child -- our own two eyes. All is a miracle. All is a miracle.

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The deceptively simple practices of Peace Is Every Step encourage the reader to work for peace in the world as he or she continues to work on sustaining inner peace by turning the mindless into the mindFUL.

[Thich Nhat Hanh - Peace Is Every Step - dhammatalks.net](#)

Every breath we take, every step we make, can be filled with peace, joy, and serenity. We need only to be awake, alive in the present moment. We need only to be awake, alive in the present moment.

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About the Author Thich Nhat Hanh, Vietnamese Zen master, poet, and peace activist, has been a monk for over 40 years. In Vietnam, he founded the School of Youth for Social

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Peace is Every Step is a novel designed to instruct new students on methods of meditation, conscious breathing,

and enlightenment. Based on Zen Buddhism, Thich Nhat Hanh's method of instruction is simple, easy to follow, and focuses on everyday activities and situations.

Peace Is Every Step

A documentary about Thich Nat Hanh, a Vietnamese Buddhist by Gaetano Maida.