



The Art of Mindfulness: A HarperOne Select (HarperOne Selects)

Thich Nhat Hanh

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This selection from Thich Nhat Hanh's bestselling *The Art of Power* illuminates the core Buddhist concept of mindfulness for the Western reader

In *The Art of Mindfulness*, one of the most revered Buddhist teachers in the world, Thich Nhat Hanh delivers a life changing practice to overcome our overdriven mind, to let go of preoccupations and multitasking and focus solely on the task at hand. By devoting 100% of our attention 100% of the time on what we are doing in the moment, we can alleviate suffering, fear, and anxiety. With the energy of mindfulness and the capacity of looking deeply, we can find the insights to transform and heal any situation.

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