

The Miracle of Mindfulness, Gift Edition: An Introduction to the Practice of Meditation

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A new gift edition of the classic guide to meditation and mindfulness, featuring archival photography and beautiful calligraphy by Thich Nhat Hanh

The Miracle of Mindfulness is a classic guide to meditation that has introduced generations of readers to the life-changing beauty of mindful awareness. Zen Master Thich Nhat Hanh offers gentle anecdotes and practical exercise as a means of learning the skills of mindfulness. 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. This gift edition features Thich Nhat Hanh's inspiring calligraphy, photographs from his travels around the world, and a revised afterword. Thich Nhat Hanh is a global spiritual leader, poet, and peace activist, revered around the world for his powerful teachings and best-selling writings on mindfulness and peace. "Thich Nhat Hanh's ideas for peace, if applied, would build a monument to ecumenism, to world brotherhood, to humanity."

-Martin Luther King Jr.

"One of the best available introductions to the wisdom and beauty of meditation practice."

-New Age Journal

"Thich Nhat Hanh writes with the voice of the Buddha."

-Sogyal Rinpoche

Other Books

The World, From the master storyteller and internationally bestselling author - the story of humanity from prehistory to the present day, told through the one thing all humans have in common: family. We begin with the footsteps of a family walking along a beach 950,000 years ago. From here, Montefiore takes us on an exhilarating epic journey through the families that have shaped our world: the Caesars, Medicis and Incas, Ottomans and Mughals, Bonapartes, Habsburgs and Zulus, Rothschilds, Rockefellers and Krupps, Churchills, Kennedys, Castros, Nehrus, Pahlavis and Kenyattas, Saudis, Kims and Assads. A rich cast of complex characters form the beating heart of the story. Some are well-known leaders, from Alexander the Great, Attila, Ivan the Terrible and Genghis Khan to Hitler, Thatcher, Obama, Putin and Zelensky. Some are creative, from Socrates, Michelangelo and Shakespeare to Newton, Mozart, Balzac, Freud, Bowie and Tim Berners-Lee. Others are lesser-known: Hongwu, who began life as a beggar and founded the Ming dynasty; Kamehameha, conqueror of Hawaii; Zenobia, Arab empress who defied Rome; King Henry of Haiti; Lady Murasaki, first female novelist; Sayyida al-Hurra, Moroccan pirate-queen. Here are not just conquerors and queens but prophets, charlatans, actors, gangsters, artists, scientists, doctors, tycoons, lovers, wives, husbands and children. This is world history on the most grand and intimate scale - spanning centuries, continents and cultures, and linking grand themes of war, migration, plague, religion, medicine and technology to the people at the centre of the human drama. As spellbinding as fiction, The World captures the story of humankind in all its joy, sorrow, romance, ingenuity and cruelty in a ground-breaking, single narrative that will forever shift the boundaries of what history can achieve.

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