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You Are Here Discovering The

Then a few weeks ago my grandma suggested reading Thich Nhat Hanh's You Are Here: Discovering the Magic of the Present Moment for our book group with my siblings and I was thrilled

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to read a book written by a Buddhist monk, teacher, and author who was born in Vietnam, studied in the US, and now runs practice centers all around the world

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We have to be here for ourselves, we have to be here for the people we love, we have to be here for life with all its wonders. The message of our Buddhist practice is simple and clear: “I am here for you.” In our daily life, we are often lost in thoughts. We get lost in regrets about the past and fears about the future.

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You are Here: Discovering the Magic of the Present Moment Thich Nhat Hanh [Shambhala, 143 pages] Thich Nhat Hanh is a world-renowned Vietnamese Zen Buddhist monk, teacher, author, poet and peace activist, whose straightforward writing style is as simplistic as it is profound. You are Here is both a helpful resource for those new to mindful living and an uplifting refresher for those who ...

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You Are Here Discovering the Magic of the Present Moment Hanh, Thich Nhat. Overview: This moment is the gateway to enlightenment. It is the only moment we have to be joyful, mindful, and awake. The key is to be there for yourself—to learn to be fully present in your life. This ...

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Thich Nhat Hanh is a Zen Buddhist monk. Chapter one (Book: You are here). I want to tell everybody this book got me through some of the darkest times of my life. There's this much of the book left that I haven't read yet. So you're about to go through history with me, at a time when the nights were very very dark and the days were dark, too...

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You Are Here: Discovering the Magic of the Present Moment | Presents simple daily practices--including mindfulness of breath, mindful walking, deep listening, mindful speech, and more--to help readers discover the happiness and freedom of living in the present moment.

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If you look deeply, you may find that you are holding on to a concept that is causing you to suffer a great deal. Are you intelligent enough, are you free enough, to give up this idea?" — Thich Nhat Hanh, You Are Here: Discovering the Magic of the Present Moment

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