



Body and Mind Are One: A Training in Mindfulness

Thich Nhat Hanh

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When your body and mind are together as one, you are fully and naturally present in the moment. This is the essence of mindfulness practice. *Body and Mind Are One* brings listeners an unparalleled training course with the venerable Thich Nhat Hanh, who for seven decades has practiced, shared, and lived this profound wisdom. Six sessions cover every step of the Buddha's specific exercises for using mindfulness to manage internal conflict, release tension and anxiety, and get in touch with the many conditions for happiness and freedom that are always readily available.

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