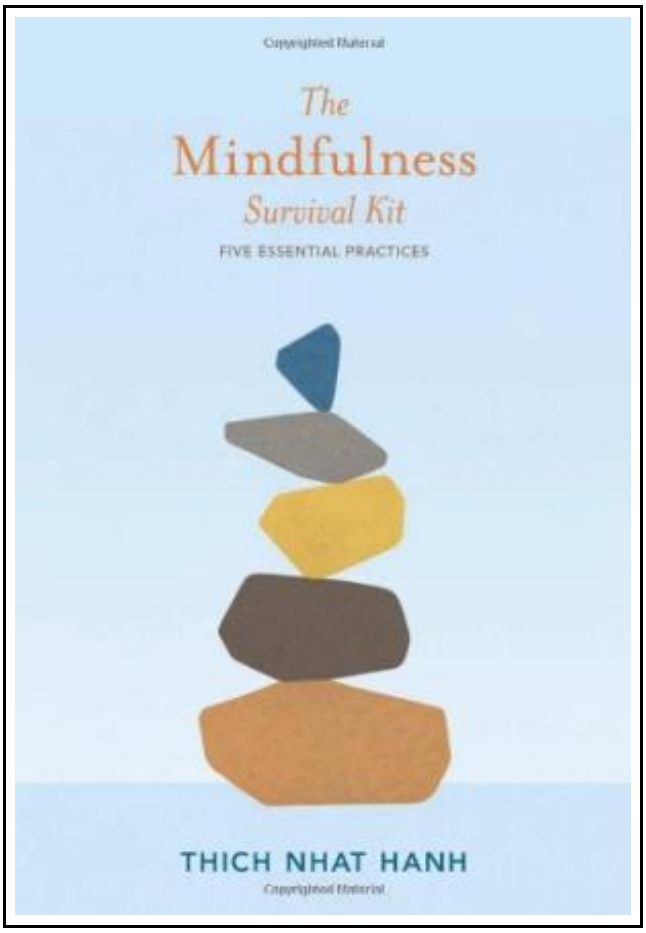
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Reviews

It is fantastic and great. It is writter in easy words and phrases instead of confusing. I am just delighted to explain how this is actually the best book i have got read through during my individual life and might be he finest publication for ever.

(Prof. Murl Shanahan DDS)

MINDFULNESS SURVIVAL KIT: FIVE ESSENTIAL PRACTICES (PAPERBACK)

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Parallax Press, United States, 2014. Paperback. Book Condition: New. 2nd Revised edition. 162 x 112 mm. Language: English . Brand New Book. The Five Mindfulness Trainings (also referred to as ?Precepts") ? not to kill, steal, commit adultery, lie, or take intoxicants ? are the basic statement of ethics and morality in Buddhism. In this fully revised edition, Zen Master and peace activist Thich Nhat Hanh argues eloquently for their applicability in our daily lives and on a global scale. Nhat Hanh discusses the value and meaning of each precept, offering insights into the role that it could play in our changing society.Thich Nhat Hanh calls the trainings a ?diet for a mindful society." With this book he offers a valuable contribution to the debate, on how we can come together to define secular, moral guidelines that will allow us to explore and sustain a sane, compassionate, and healthy way of living. The Five Mindfulness Trainings offer a path to restoring meaning and value in a world marked by moral and spiritual emptiness. Whether called virtues, ethics, moral conduct, or precepts they are guidelines for living without bringing harm to others; they bring sanity and light into the world.

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