

Be Free Where You Are Thich Nhat Hanh

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Maryland Correctional Institute. Thich Nhat Hanh. ReadHowYouWant.com, Nov 24, 2008 - Body, Mind & Spirit - 58 pages. 0 Reviews. This compendium of the core teachings of Thich Nhat Hanh, based on a talk given at a prison, shows how mindfulness practice can cultivate freedom no matter where you are. ""So ... Be Free Where You Are: A Talk Given at the Maryland ... When you breathe, breathe as a free person. This is possible anywhere. By cultivating freedom for yourself, you will be able to help the people you live with. Even though you live in the same place, with the same physical and material conditions, if you practice, you will be a much freer person, a more solid person. Our comprehensive range of products, services, and

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