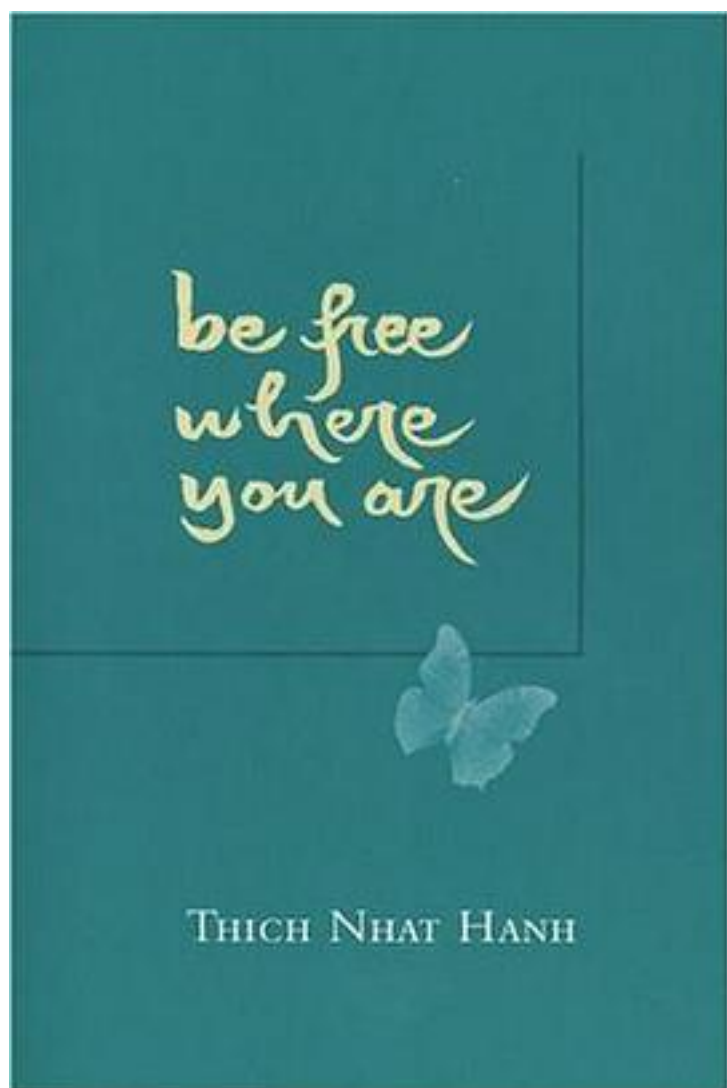


# Be Free Where You Are



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著者:Thich Nhat Hanh

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Be Free Where You Are is a compendium of the core teachings of Thich Nhat Hanh, based on a talk given at a prison. It shows how mindfulness practice can cultivate freedom no matter where you are, and summarizes for the first time all of Thich Nhat Hanh's core teachings making it an outstanding introduction to the ideas and practices of one of the foremost Buddhist teachers alive. Included is a foreword by Sister Chan Kh"ng and an appendix describing how Thich Nhat Hanh's visit impacted those that attended and encouraged their practice.

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