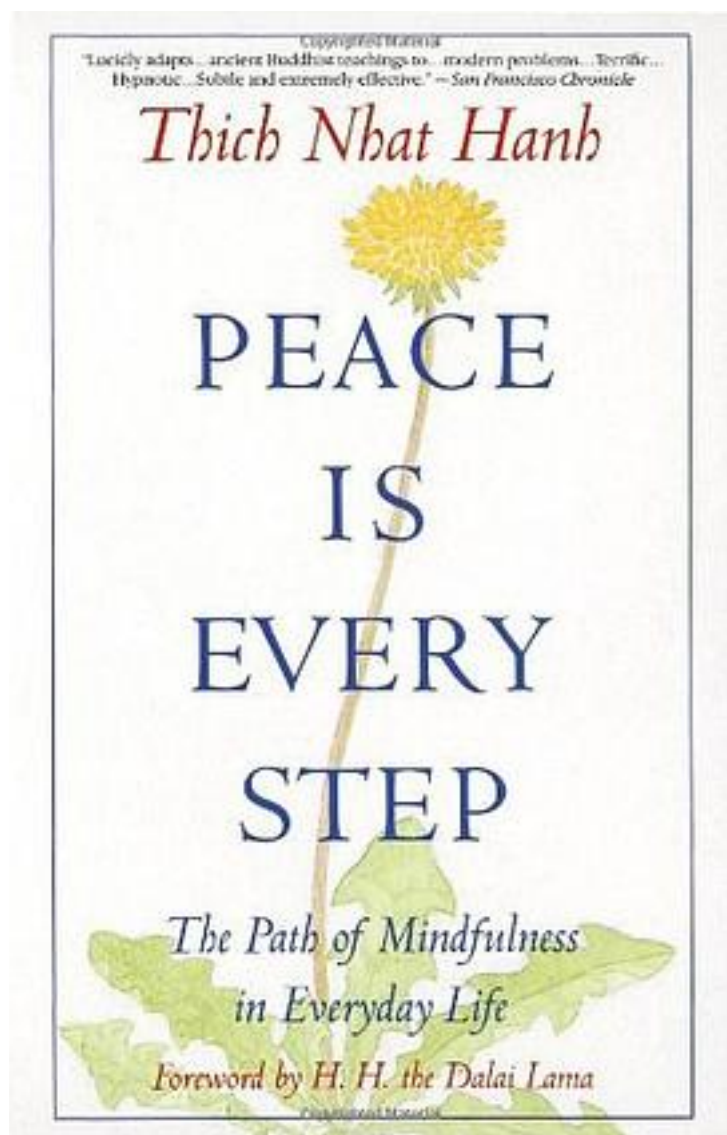


# Peace Is Every Step



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著者:Thich Nhat Hanh

出版者:Bantam

出版时间:1992-3

装帧:Paperback

isbn:9780553351392

In the rush of modern life, we tend to lose touch with the peace that is available in each moment. World-renowned Zen master, spiritual leader, and author Thich Nhat Hanh shows us how to make positive use of the very situations that usually pressure and antagonize us. For him a ringing telephone can be a signal to call us back to our true selves. Dirty dishes, red lights, and traffic jams are spiritual friends on the path to "mindfulness" -- the process of keeping our consciousness alive to our present experience and reality. The most profound satisfactions, the deepest feelings of joy and completeness lie as close at hand as our next aware breath and the smile we can form right now. Lucidly and beautifully written, *Peace Is Every Step* contains commentaries and meditations, personal anecdotes and stories from Nhat Hanh's experiences as a peace activist, teacher, and community leader. It begins where the reader already is -- in the kitchen, office, driving a car, walking a part -- and shows how deep meditative presence is available now. Nhat Hanh provides exercises to increase our awareness of our own body and mind through conscious breathing, which can bring immediate joy and peace. Nhat Hanh also shows how to be aware of relationships with others and of the world around us, its beauty and also its pollution and injustices. the deceptively simple practices of *Peace Is Every Step* encourage the reader to work for peace in the world as he or she continues to work on sustaining inner peace by turning the "mindless" into the mindFUL. "This book of illuminating reminders bid us to reorient the way we look at the world...toward a humanitarian perspective." -- Publisher Weekly

作者介绍:

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标签

心灵

心理学

冥想

peace

生活态度

成长

文化

step

## 评论

豆瓣“想读”书单中列入的第一本书，多年后终于一偿所愿拜读；喜欢Peace Is Every Breath多一点

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我看这好像没啥用。太空了。

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15/16年日子过得太苦，看了几本冥想修炼的书，帮助很大。今天（2017）又因执念打回原形..捡回来再看一遍，又一遍。我也真是个标准的俗人哈

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虽然我是mindfulness支持者但是完全看不下去啊这种邪教洗脑的感觉……

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有点车轱辘话来回说的感觉，不过还可以，提供了还算不一样的视角，于我。

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Foreword by H.H. the Dalai Lama

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除了比较政治的那部分，其他的简单易懂，对自我认知很有帮助，

## 活在当下的最简单解读

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a great reading to learn how to cultivate happiness. Unfortunately, the tangerine metaphor in eating mindfully only works for vegetarians...

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非常好的一本书！简单易读，灵修最核心的都在这了。谢谢一行禅师！

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一行說，我們應該善待身體，因為身體不僅是實現某些目的的工具，它本身就應該是目的，應該受到我們的照顧。發散些想，對鋼琴家而言鋼琴可能不僅只是旋律的載體，就像手藝人永遠最珍愛自己的活計。若要使好手中利刃，勢必要歷經一番艱難磨合。當琴聲奏起，人與形質之間總歸會有合二為一的美妙結合。

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Educative and comforting. A nice guide leading to the practice of mindfulness and reconciliation with world .

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在纽约上飞机前翻了几页，回来就再没继续看下去。几个月过去了。这周因为感冒天天在家，偶然注意到这本书，想说乔瑟夫花钱花力亲自领着我走过flower district走进Lincoln centre走上书局三楼在汪洋的书架上把它找出来买下它。一路上也没说买来做什么，吃过饭回到家我从包里拿出来他才说这是买给你的。觉得不读一遍似乎有点辜负这一幕。读读挺好的，也确实地帮助我缓解了我的欲念。不错，让我中毒的人离开之前郑重赠了解药。用呗。

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## 书评

这本书还是隔壁的姑娘借给我的。那天我向她请教一些关于冥想的问题，她返身回屋子给我拿了三本书过来。她强烈推荐这本“Peace is Every Step”。这几天我一直在读，已经要看完了。在介绍书的作者之前，还是看看书吧。这本是英文写的，但是语言优美，平白，读起来毫不费力。 ...

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