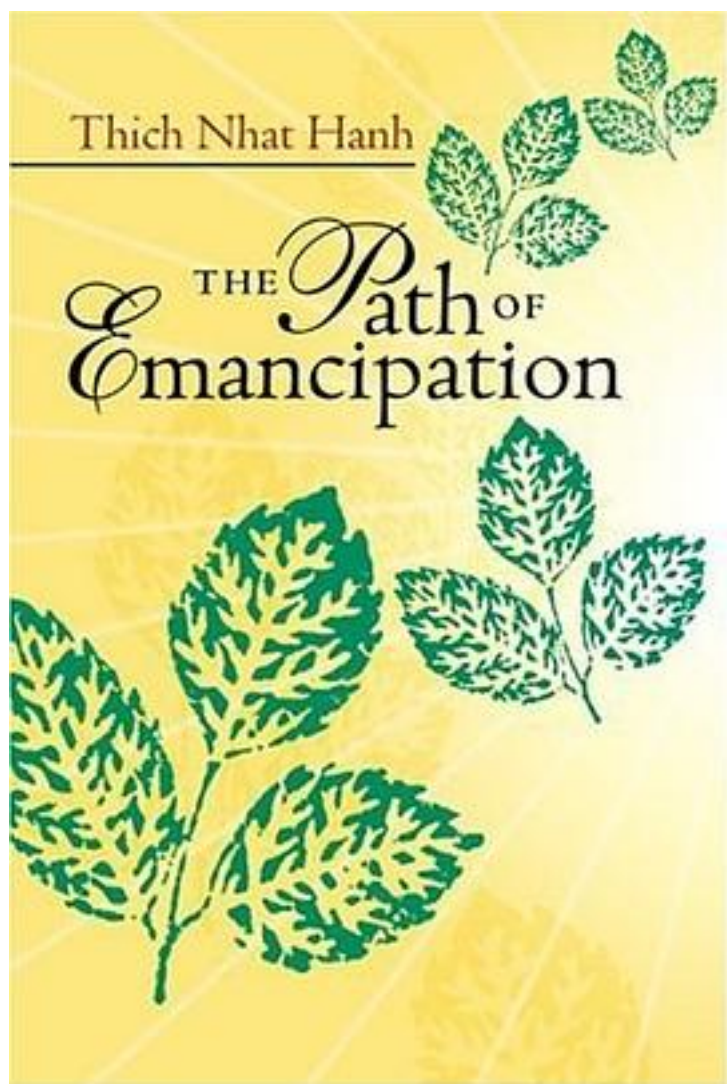


# The Path of Emancipation



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著者:Nhat Hanh, Thich

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In T he Path of Emancipation, Thich Nhat Hanh translates Buddhist tradition into everyday life and makes it relevant and transformative for us all. Studying in-depth the Discourse on the Full Awareness of Breathing, he teaches how mindfulness can help us reduce stress and live simply, confidently, and happily while dwelling in the present moment.

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