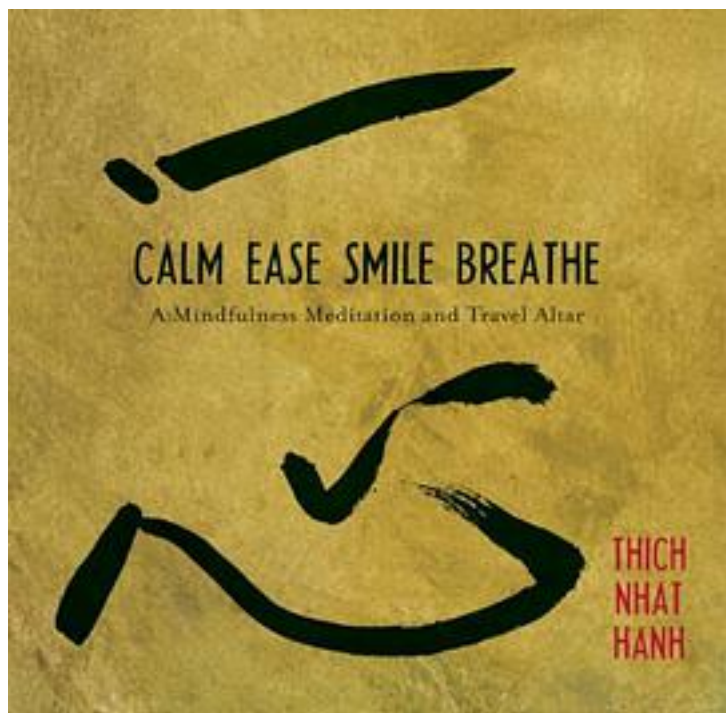


# Calm, Ease, Smile, Breathe



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出版者:

出版时间:2009-5

装帧:

isbn:9781888375909

Artist Logan Payne has created a portable altar in a new and imaginative way by combining her unique vision with a basic time-proven guided meditation by Thich Nhat Hanh. The resulting set contains a six-panel fold-out altar bearing the words of the guided meditation; a CD recording of the meditation; and a booklet with biographical information about the author and artist as well as detailed instructions for usage. Designed to be used at any time and in any place, this beautiful altar is useful to anyone looking to deepen his or her spiritual practice.

作者介绍:

目录:

[Calm, Ease, Smile, Breathe 下载链接1](#)

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