

Breathe A Thich Nhat Hanh Journal



BOOK DETAILS

- Author : Thich Nhat Hanh
- Pages : 192 Pages
- Publisher : Parallax Press
- Language : English
- ISBN : 1935209930

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BOOK SYNOPSIS

A lovingly and artistically designed journal, Breathe features excerpts from Thich Nhat Hanh's best-loved breathing meditations, prayers, and poems. They are intended to inspire the user's own personal reflections, sketches, or jotting down of favorite quotes or poems. Includes material on breathing and writing, and on the value of mixing writing and mindfulness. Comes with crush-proof rounded corners and elegant lay-flat binding. Makes a great personal diary or a wonderful gift.

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