



The miracle of the sun. my heart: contemplation(Chinese Edition)

By SHI YI XING

paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: 2013 Pages: 224 Language: Chinese in Publisher: the bindings Bureau sun. my heart: the contemplation of the miracle. Thich Nhat Hanh specifically addressed to ordinary people. enhance self-awareness and resolve a variety of negative emotions spiritual growth books. In life. we always because of the various issues involved in the whirlpool of emotions. sadness. fear. anxiety. anger and other negative emotions slaves accidentally reduced. Thich Nhat Hanh. the generation of a variety of negative emotions are actually derived from the ego. We only through self-reflection. to deepen understanding of self. will get rid of the negative emotional disturbance own spiritual growth. In the book. Thich Nhat Hanh everywhere sow the seeds of peace and hope. Thich Nhat Hanh purify the mind is the fundamental way to solve all problems. So. Thich Nhat Hanh combine their own meditation course. more life examples to teach you how to take care of dealing with their emotions and how practicing mindfulness in life. and then allow yourself to find inner peace. tranquility. Contents: Picked to live in the contemplation of mindfulness...



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