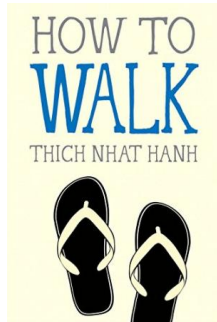


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HOW TO WALK



Parallax Press, United States, 2015. Paperback. Book Condition: New. 150 x 99 mm. Language: English . Brand New Book. How to Walk is the fourth title in Parallax s popular Mindfulness Essentials Series of how-to titles by Zen Master Thich Nhat Hanh, introducing beginners and reminding seasoned practitioners of the essentials of mindfulness practice. Slow, concentrated walking while focusing on in- and out-breaths allows for a unique opportunity to be in the present. There is no need to arrive somewhere--each...

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