



Making Space: Creating a Home Meditation Practice

By Thich Nhat Hanh

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Making Space: Creating a Home Meditation Practice By Thich Nhat Hanh

Find peace and calm amid the busyness of your life with this new book by Zen Master Thich Nhat Hanh. Designed to be both inspiration and guidebook for those new to mindfulness practice, *Making Space* offers easy-to-follow instructions for setting up a breathing room, listening to a bell, sitting, breathing, and walking meditations, and cooking and eating a meal in mindfulness. Whether you live alone or with a family, this beautifully illustrated book can help you create a sense of retreat and sanctuary at home.

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Editorial Review

Review

"Children, friends, and even our digestive system will benefit from the daily exercises presented in this profound book." --Michael Stone, author of *Awake in the World*

"To read this lovely book is to take the first small step toward inner peace." --Katrina Kenison, author of *The Gift of an Ordinary Day*

About the Author

Thich Nhat Hanh is one of the best-known and respected Zen masters in the world today. He is the founder of a Buddhist university, a publishing house, an influential peace activist magazine, and the School of Youth Social Service, a grassroots relief organization that provided aid to Vietnamese citizens in the 1960s. He is also the founder of Plum Village, a Buddhist community that works to alleviate the suffering of refugees, political prisoners, and hungry families in Vietnam and throughout the third world. He is the author of *Creating True Peace* and *Living Buddha, Living Christ*, as well as a number of poems and stories.

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