



Touching Peace: Practicing the Art of Mindful Living

Thich Nhat Hanh, Arnold Kotler, Mayumi Oda

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In this expansion of the teachings on mindful living begun in his best-selling *Being Peace*, Thich Nhat Hanh offers specific, practical instructions on extending meditation practice into one's daily life. The book features the conflict resolution tool of the Peace Treaty, the author's thoughts on a "diet for a mindful society" based on his interpretation of the Five Mindfulness Trainings, and early, prescient writings on the environment. Focusing on what is refreshing and healing in the world, he says, can be the basis for transforming society and the self.



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