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from the author of MINDFULNESS IN PLAIN ENGLISH

With generous and specific advice, Eight Mindful Steps to Happiness offers skillful ways to handle anger, to find right livelihood, and to cultivate loving-friendliness in relationships with parents, children, and partners, as well as tools to overcome all the mental hindrances that prevent happiness.

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In the book Savor: Mindful Eating, Mindful Life and companion website, www.savorthebook.com, Dr. Cheung and her co-author, Buddhist spiritual leader Thich Nhat Hanh, suggest several practices that can help you get there, including those listed below. 1. Begin with your shopping list.

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With easy-to-understand and specific advice, Eight Mindful Steps to Happiness offers skillful ways to handle anger, find right livelihood, cultivate loving-friendliness, and overcome the mental hindrances that prevent happiness. PDF. Mindfulness, Bliss, and Beyond by Ajahn Brahm with a foreword by Jack Kornfield, a meditators handbook.

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Similarly, when your mindfulness and concentration are powerful, your insight will liberate you from fear, anger, and despair, and bring you true joy, true peace, and true happiness. When you contemplate the big, full sunrise, the more mindful and concentrated you are, the more the beauty of the sunrise is revealed to

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