



Happiness: Essential Mindfulness Practices

Thich Nhat Hanh

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Encouraging readers to be intelligent and skillful in their practice, this new collection by Thich Nhat Hanh outlines the essential steps by which we can all obtain real and lasting happiness. Each day, we perform the tasks of everyday life without thought or awareness — walking, sitting, working, eating, driving, and much more. But Hanh points out that if we remain truly aware of our actions, no matter the task we're performing, we can stay engaged in our lives and better our outlook through mindfulness. This key practice is the foundation for this accessible, easy-to-understand volume, and an invaluable tool for change for both seasoned Buddhist practitioners and lay readers interested in bettering their lives through full awareness.

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