

# Peace Is Every Step: The Path of Mindfulness in Everyday Life; 160 pages; Ebury Publishing, 2010; 2010; 9781407061306; Thich Nhat Hanh

Peace Is Every Step by Thich Nhat Hanh - Animated Book Review. Animated book review of Peace is Every Step by Thich Nhat Hanh -- -- Please watch: "Mindfulness - Finding Peace in a Frantic World" <https://www.youtube.com/watch?v=...> Animated book review of Peace is Every Step by Thich Nhat Hanh -- -- Please watch: "Mindfulness - Finding Peace in a Frantic World" <https://www.youtube.com/watch?v=...> Peace Is Every Step the Path of Mindfulness in Everyday Life. August 26, 2019 Â. +2. Peace Is Every Step the Path of Mindfulness in Everyday Life. Book. Send Message. Peace Is Every Step highlights the many opportunities that exist in everyday life to be mindful by transforming common tasks such as driving, eating and washing dishes into concrete mindfulness practices. Going beyond practical examples, Peace Is Every Step delves into core concepts such as interbeing, aimlessness and non-duality to more comprehensively define mindfulness.Â Rounding out the book, Nhat Hanh describes how mindfulness practice can go beyond benefiting the self. He shows how relations between people, between nations and between humans and the environment can be improved, thus providing a unique perspective to understanding social, political and environmental relations. Lucidly and beautifully written, "Peace Is Every Step contains commentaries and meditations, personal anecdotes and stories from Nhat Hanh's experiences as a peace activist, teacher, and community leader. It begins where the reader already is -- in the kitchen, office, driving a car, walking a part -- and shows how deep meditative presence is available now. Nhat Hanh provides exercises to increase our awareness of our own body and mind through conscious breathing, which can bring immediate joy and peace.Â I read a few chapters every morning when I pray and meditate and I fall in love again every day. This may sound rather dramatic and perhaps it is, but I cannot recommend this book enough. I believe it has changed my life. Peace is Every Step has helped many of my friends and family members get through rough (or even smooth!) times in their lives. This book is a must-have if you are going through any kind of stressful situation or you are just looking for simple ways to live mindfully. It is organized in very short chapters which are perfect if you want to read one quick chapter a day and then think on it.Â This book has helped tremendously with my mindfulness practise. Thich Nhat Hanh reminds the reader that meditation is joyful and beautiful, and extends beyond formal practise into all areas of life. This book helped renew my sense of purpose when meditation was starting to feel like a chore.