



The Long Road Turns to Joy: A Guide to Walking Meditation

Thich Nhat Hanh

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One of the few books focused completely on mindful walking and walking meditation. This revised edition of the best-selling title (nearly 80,000 copies sold to date) includes over 30 percent new material—including new walking meditation poems and practices—and provides a practical and inspirational introduction to this important practice. Written in Thich Nhat Hanh's clear and accessible style, *Long Road Turns To Joy* reminds us that we "walk not in order to arrive, but walk just for walking." Touching the earth with our feet is an opportunity to live in the here and now. Thich Nhat Hanh reminds us to enjoy each step and each breath in order to regain peace in difficult moments. The simple practice of walking with attention and mindfulness can bring the spirit of prayer into our everyday life. This book will appeal to anyone who would like to get more out of walking, from long-time meditators to those who are just looking for a way to make their walk around the block more meaningful.

Features photographs of walking meditation from around the world.

Foreword by Robert Aitken, author of *Taking the Path of Zen*

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Derrick Robertson:

This The Long Road Turns to Joy: A Guide to Walking Meditation book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is information inside this book incredible fresh, you will get facts which is getting deeper a person read a lot of information you will get. This specific The Long Road Turns to Joy: A Guide to Walking Meditation without we realize teach the one who looking at it become critical in considering and analyzing. Don't possibly be worry The Long Road Turns to Joy: A Guide to Walking Meditation can bring any time you are and not make your handbag space or bookshelves' come to be full because you can have it within your lovely laptop even phone. This The Long Road Turns to Joy: A Guide to Walking Meditation having very good arrangement in word along with layout, so you will not experience uninterested in reading.

Danny Chamberland:

Reading can called imagination hangout, why? Because while you are reading a book especially book entitled The Long Road Turns to Joy: A Guide to Walking Meditation your brain will drift away trough every dimension, wandering in each and every aspect that maybe mysterious for but surely will end up your mind friends. Imaging each and every word written in a guide then become one application form conclusion and explanation that maybe you never get ahead of. The The Long Road Turns to Joy: A Guide to Walking Meditation giving you an additional experience more than blown away your mind but also giving you useful information for your better life in this era. So now let us teach you the relaxing pattern here is your body and mind are going to be pleased when you are finished studying it, like winning a sport. Do you want to try this extraordinary spending spare time activity?

Sarah Johnson:

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