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THICH NHAT HANH



Commencer
à méditer



Conseils pour
pratiquer chez soi

I2N

Dans nos vies agitées, posséder un espace de calme et de paix semble un luxe, alors que c'est un besoin. Dans ce guide clair et concis, Thich Nhat Hahn rassemble l'essentiel de ce qu'il faut savoir pour créer un tel espace et pratiquer chez soi la méditation. Il revient aussi sur la respiration, la position à adopter, ou encore le sommeil et la nourriture.

Décider de faire place à la contemplation et à la méditation à l'intérieur de notre propre maison peut changer la vie, et laisser rentrer durablement la paix et la joie.

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