

Breathe! You Are Alive

By Thich Nhat Hanh

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Editorial Review

Review

Breathe! You Are Alive: Sutra on the Full Awareness of Breathing is a new and revised edition of the Buddha's most important and basic teachings on meditation. Thich Nhat Hanh presents three translations of The Sutra on the Full Awareness of Breathing (Anapanasati) from the Pali and the Chinese. In his commentaries, Thich Nhat Hanh outlines the methods of conscious breathing taught by the Buddha and offers exercises for practicing them today. These commentaries give the reader access to the profound nourishment available when we slow down and get in touch with our in-breath and our out-breath. Breathe! You Are Alive is an essential addition to any library Buddhism collection. --*Midwest Book Review*

Language Notes

Text: English, Vietnamese (translation)

Users Review

From reader reviews:

Matthew Armstrong:

Why don't make it to be your habit? Right now, try to ready your time to do the important action, like looking for your favorite reserve and reading a e-book. Beside you can solve your short lived problem; you can add your knowledge by the guide entitled Breathe! You Are Alive. Try to face the book Breathe! You Are Alive as your buddy. It means that it can for being your friend when you really feel alone and beside regarding course make you smarter than ever before. Yeah, it is very fortunated in your case. The book makes you more confidence because you can know every thing by the book. So , let me make new experience and also knowledge with this book.

Jewel Williams:

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