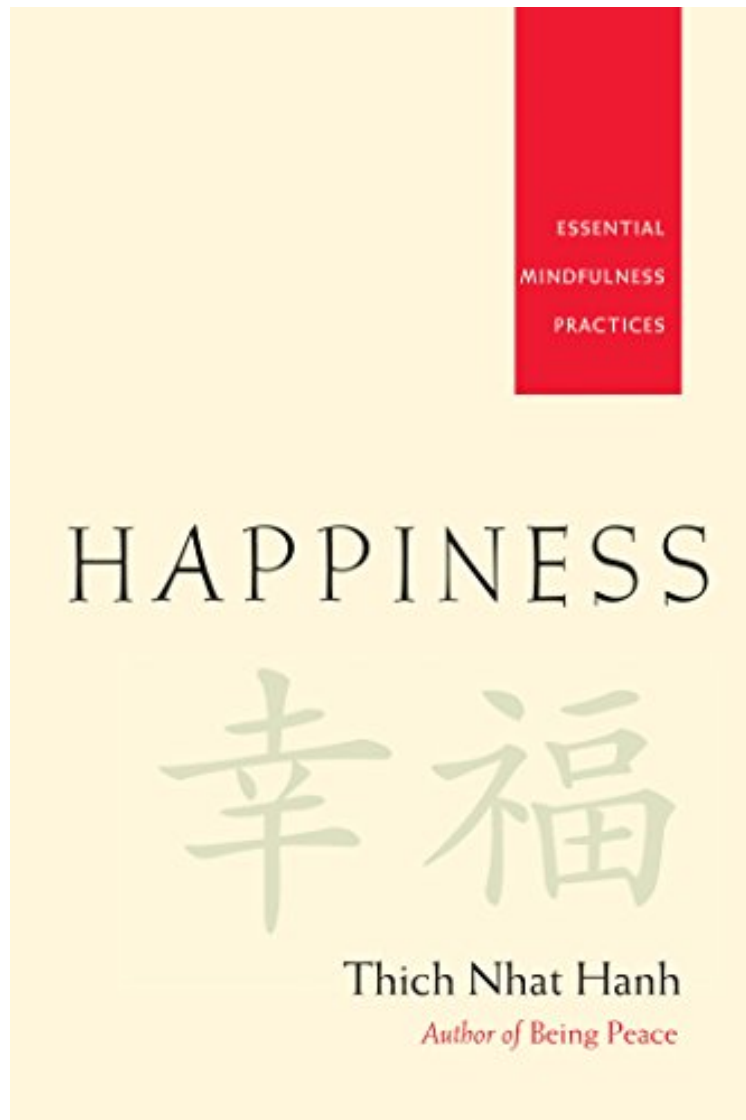


[Free] Happiness: Essential Mindfulness Practices

Happiness: Essential Mindfulness Practices

Von Thich Nhat Hanh

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Von Thich Nhat Hanh : Happiness: Essential Mindfulness Practices before purchasing it in order to gage whether or not it would be worth my time, and all praised Happiness: Essential Mindfulness Practices:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich.
Anleitung zum Glcklichsein - mit wichtigen EinschrnkungenVon Robert WentzFr Thich Nhat Hanh ist Atmen DAS zentrale Element, um zu sich zu kommen und im Jetzt zu leben. Einerseits hilft bewusstes Atmen dabei, abschweifende Gedanken zu verdrngen, andererseits ist es praktisch, weil man das Atmen ja immer bei sich hat - wie

einen treuen Freund, betont Thich Nhat Hanh. Ist man durch bewusstes Atmen zu 100% in der Gegenwart angekommen, dann kann man auch durch bewusstes sinnliches Wahrnehmen vieles erfahren und empfinden, dem man sonst keine Aufmerksamkeit geschenkt hätte. Bewusstes Atmen ist also für Thich Nhat Hanh der Schlüssel zur Achtsamkeit, die als Grundlage für ein glückliches Leben angesehen wird. So weit es um den Einzelnen geht, lässt sich diese 'Methode' durchaus nachvollziehen. Schwieriger wird es m. E. bei den Beispielen, die der Autor für das Leben in Gemeinschaft, insbesondere für die Familie gibt. Hier erscheinen mir seine Ausführungen derart weltfremd, dass ich es sehr bezweifle, dass gemeinsames Atmen im Falle eines akuten Familienstreites den Konflikt entschärfen wird. Das mag in buddhistischen Zentren gelingen, aber kaum in einer europäischen Durchschnittsfamilie. Ein weiterer Schwachpunkt dieser 'Methode' liegt für mich in der Nichtbeachtung von Machtstrukturen. Man soll durch das Atmen vor allem zur Ruhe und in das Jetzt kommen - und alles hinnehmen wie es ist, so hat man beim Lesen den Eindruck.

0 von 1 Kunden fanden die folgende Rezension hilfreich. groartiges Von Steiner Ein groartiges Arbeitsbuch. Thich Nhat Hanh vermittelt hier Techniken für den täglichen Gebrauch. Das Buch erscheint zwar sehr dünn, der Inhalt ist allerdings von unschätzbarem Wert.

0 von 1 Kunden fanden die folgende Rezension hilfreich. Good book Von Marija Good literature when needed peace and silence . Books did not arrived on time , but it must be as i leave in Europe....

Kurzbeschreibung Thich Nhat Hanh's central teaching is that, through mindfulness, we can learn to live in the present moment instead of in the past and in the future. Its only way to truly develop peace, both in one's self and in the world. Now, for the first time, all of Thich Nhat Hanh's key practices are collected in one accessible and easy-to-use volume. Happiness is structured to introduce those new to Buddhist teachings as well as for more experienced practitioners, Happiness is the quintessential resource of mindfulness practices. Integrating these practices into daily life allows the reader to begin to cultivate peace and joy within him/herself, leading to solidity and freedom from fear, misunderstanding, and suffering. With the practices offered in Happiness Thich Nhat Hanh encourages the reader to learn to do all the things they do in daily life with mindfulness; to walk, sit, work, eat, and drive, with full awareness of what they are doing. It can bring about a shift towards one of the principles of engaged Buddhism, a shift towards practicing mindfulness in every moment of the day and not just while formally meditating. Thich Nhat Hanh encourages his readers to "try to be intelligent and skillful in their practice, approaching every aspect of the practice with curiosity and a sense of search. Its important to practice with understanding and not just for the form and appearance. Enjoy your practice with a relaxed and gentle attitude, with an open mind and receptive heart."

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ber den Autor und weitere Mitwirkende Thich Nhat Hanh is a Vietnamese Buddhist monk. His life long efforts to generate peace and reconciliation moved Martin Luther King, Jr. to nominate him for the Nobel Peace Prize in 1967. He is the founder of Van Hanh Buddhist University in Saigon, and has taught at Columbia University and the Sorbonne. He is the author of Being Peace, The Miracle of Mindfulness, Peace Is Every Step, and 75 other books.