



## The Sun My Heart: Reflections on Mindfulness, Concentration, and Insight (2nd)

By Thich Nhat Hanh

Parallax Press. Paperback / softback. Book Condition: new. BRAND NEW, The Sun My Heart: Reflections on Mindfulness, Concentration, and Insight (2nd), Thich Nhat Hanh, In this sequel to "The Miracle of Mindfulness, Thich Nhat Hanh draws on psychology, philosophy, and contemporary physics to investigate meditation and interdependence. Rooted in Buddhist understanding, "The Sun My Heart is at once an intellectual adventure and an inspiration to practice.



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### Reviews

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