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Be Free Where You Are: Thich Nhat  
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summarizes for the first time all of Thich Nhat Hanh's core teachings making it an outstanding introduction to the ideas and practices of one of the foremost Buddhist teachers alive.

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About Be Free Where You Are “Freedom is not given to us by anyone; we have to cultivate it ourselves.” —Thich Nhat Hanh  
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Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books include Be Free

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Where You Are and No Mud, No Lotus.  
He is the founder of the Plum Village  
Community of Engaged Buddhism in  
southwest France, the largest Buddhist  
monastery in Europe. Thich Nhat Hanh  
has been teaching the art of mindful living  
for more than 70 years.

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Be Free Where You Are – Parallax  
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A compendium of his core teachings, *Be Free Where You Are* is a transcription of a talk by Buddhist monk Thich Nhat Hanh given at the Maryland Correctional Institution at Hagerstown. Hanh reveals how the Buddhist approach to

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"mindfulness practice" can cultivate freedom no matter what the outer circumstances might be.

Be Free Where You Are book by Thich Nhat Hanh

Be Free Where You Are. Freedom is not given to us by anyone; we have to



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cultivate it ourselves. – Thich Nhat Hanh.  
This small but powerful book is based on a talk given at a prison (The Maryland Correctional Institution at Hagerstown) by Thich Nhat Hanh, it shows how mindfulness practice can help to cultivate freedom no matter where you are.

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Be Free Where You Are | Plum Village

“Be Free Where You Are” by Thich Nhat Hanh is a non-fiction manual for mindfulness meditation. Thich Nhat Hanh runs a mindfulness meditation center in France, and lived in Vietnam during the Vietnam war. This is one of my favorite books....of all time! It's short. You can

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finish the entire book in about an hour.  
But don't let that fool you.

A Review of Be Free Where You Are by  
Thich Nhat Hanh ...

Recorded live in Sydney on November  
13th, 2015. 'Where You Are' is the first  
single from our sophomore album

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great".

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will you be free??

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1-3 of 3 “For me, there is no happiness  
without freedom, and freedom is not given  
to us by anyone; we have to cultivate it  
ourselves.” ? Thích Nhất Hạnh, Be Free  
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## Nhat Hanh

Reveals the ample benefits of mindfulness in engendering liberation, wonder, gratitude, and compassion.

## Be Free Where You Are by Thich Nhat Hanh | Review ...

If you want to be free, try to introduce a

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little spontaneity into your life so you're not tied into the same routine. For example, try a new cuisine or a new activity to step outside of your comfort zone. Consider travelling out of town or to a new country, since free spirits never stay in one place for too long.

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## 3 Ways to Be Free - wikiHow

Be Free Where You Are: A Talk Given at the Maryland Correctional Institute. Thich Nhat Hanh. ReadHowYouWant.com, Nov 24, 2008 - Body, Mind & Spirit - 58 pages. 0 Reviews. This compendium of the core teachings of Thich Nhat Hanh, based on a talk given at a prison, shows

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how mindfulness practice can cultivate  
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teachings of Thich Nhat Hanh, based on a talk given at a prison, shows how mindfulness practice can cultivate freedom no matter where you are. \$

Parallax Press - Mindfulness in Daily  
Life Parallax Press ...

You can practice freedom every moment

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of your daily life. Every step you take can help you reclaim your freedom. Every breath you take can help you develop and cultivate your freedom. When you eat, eat as a free person. When you walk, walk as a free person. When you breathe, breathe as a free person. This is possible anywhere.

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