



Breathe! You Are Alive: Sutra on the Full Awareness of Breathing

By Thich Nhat Hanh

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Breathe! You Are Alive offers the Buddha's sixteen basic exercises for conscious breathing.

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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:

Patricia Gross:

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