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How to Relax by Thich Nhat Hanh has an expected release date of 11/03/2015.

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Relax, let go | plum village

I wrote this poem in veneration of Thich Nhat Hanh, Relax, Let Go. Breathe in, Calm your feelings, There is nothing to cling to. Acknowledge, and let go.

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So tell me, who taught you how to relax ? A simple breath exercise offered by Thich Nhat Hanh goes like this. Say to yourself: Breathing in,

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Relax - miracle of mindfulness tour

Make yourself comfortable. Allow your body to relax. Thich Nhat Hanh, Buddha Mind, Buddha Body (Berkeley, Calif.: Parallax Press, 2008).

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