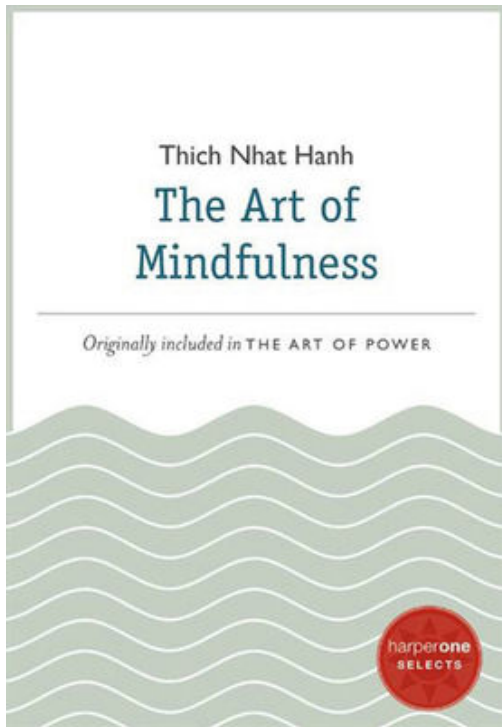


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This selection from Thich Nhat Hanh's bestselling The Art of Power illuminates the core Buddhist concept of mindfulness for the Western reader

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