

Each Breath A Smile

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Synopsis Based on the teachings of Thich Nhat Hanh, EACH BREATH A SMILE is a wonderful introduction to mindful breathing. Through beautiful colour illustrations, children learn to connect with their breathing to help them experience calmness and enjoy a deeper relationship with their friends and family.

Each Breath a Smile: Amazon.co.uk: Nhat Hanh, Thich, Thuc ...

Each Breath a Smile, a story told by Sister Susan, but based on the teachings by Thich Nhat Hanh, a Vietnamese Zen Master, is verse based on mindful living for children. The text describes peaceful and calm activity and awareness. Such as, "Listen to the wind. Listen to the birds. Listen to the crickets and the frogs.

Each Breath a Smile by Thich Nhat Hanh - Goodreads

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Join author and meditation instructor Mark Van Buren for this fun, interactive reading of the book called Each Breath, A Smile.

Each Breath, A Smile

Each Breath a Smile Based on teaching by Thich Nhat Hanh; Written down by Sister Thuc Nghiem; Illustrated by Nguyen Thi Hop and Nguyen Dong Sister Susan \$ 10.95. In stock

Each Breath a Smile - Parallax PressParallax Press

each breath a smile by Sister Susan. Based on the teachings of Thich Nhat Hanh, this book reminds us to appreciate the present moment, friends, and family.

CIF Peacemakers: each breath a smile

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Each Breath a Smile, Paperback – February 1, 2002. by Sister Susan (Author), Sister Thuc Nghiem (Author, Contributor), Thi Hop Nguyen (Author), Dong Nguyen (Author), Nguyen Thi Hop (Illustrator), Nguyen Dong (Illustrator) & 3 more. 4.5 out of 5 stars 36 ratings. See all formats and editions.

Each Breath a Smile: Susan, Sister, Thuc Nghiem, Sister ...

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Inspired by the teachings of Thich Nhat Hanh, in Each Breath a Smile by Sister Susan, young children learn how to calm body and mind and enjoy the present moment. Publication Date: February 1, 2002 Publisher: Parallax Press ISBN: 9781888375220

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