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Breathe! You Are Alive is about conscious breathing as taught by the Buddha. In his commentaries Thich Nhat Hanh offers methods for the practice of breath.

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About the Author. Thich Nhat Hanh, a Vietnamese poet, bestselling author and peace activist, has been a Buddhist monk for over 40 years. He was chairman of the

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You are alive

juicewzl asked: Do you feel you have to be spiritual to gain from meditation? I don't consider myself at all. I don't think there is a soul, or spirit.

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