



The Long Road Turns to Joy: A Guide to Walking Meditation

By Thich Nhat Hanh

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One of the few books focused completely on mindful walking and walking meditation. This revised edition of the best-selling title (nearly 80,000 copies sold to date) includes over 30 percent new material—including new walking meditation poems and practices—and provides a practical and inspirational introduction to this important practice. Written in Thich Nhat Hanh's clear and accessible style, *Long Road Turns To Joy* reminds us that we "walk not in order to arrive, but walk just for walking." Touching the earth with our feet is an opportunity to live in the here and now. Thich Nhat Hanh reminds us to enjoy each step and each breath in order to regain peace in difficult moments. The simple practice of walking with attention and mindfulness can bring the spirit of prayer into our everyday life. This book will appeal to anyone who would like to get more out of walking, from long-time meditators to those who are just looking for a way to make their walk around the block more meaningful.

Features photographs of walking meditation from around the world.

Foreword by Robert Aitken, author of *Taking the Path of Zen*

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Editorial Review

From Publishers Weekly

Health Advice Walking for physical health has become this country's most popular exercise. In *The Long Road Leads to Joy: A Guide to Walking Meditation*, Buddhist monk and peace activist Thich Nhat Hanh illuminates the spiritual benefits afforded by walking mindfully. Encouraging his readers to walk with their attention on the present and gently to resist struggling with issues of the past or problems of the future, the author offers short meditative verses and personal observations to facilitate the practice of "walking peacefully." BOMC/One Spirit selection.

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Language Notes

Text: English (translation)

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About the Author

Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books include *Happiness* and *Peace Is Every Step*. He lives in Plum Village in southwest France, where he gardens, writes, and teaches the art of mindful living.

Users Review

From reader reviews:

Rosa Tarpley:

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Gerri Pettit:

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Francisco Garcia:

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