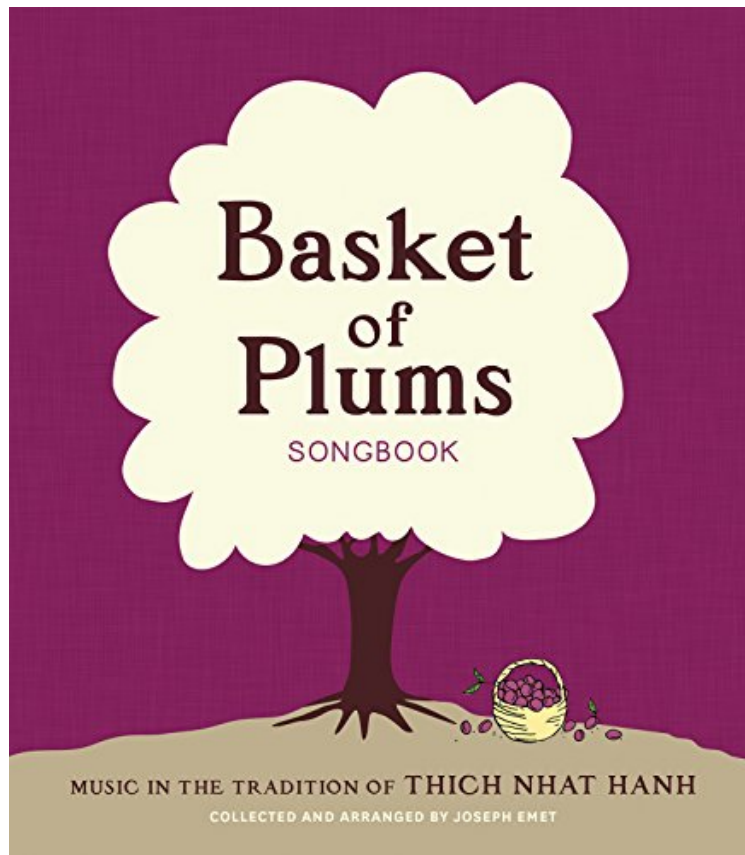



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Basket of Plums Songbook

Thich Nhat Hanh

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Thich Nhat Hanh : Basket of Plums Songbook before purchasing it in order to gage whether or not it would be worth my time, and all praised Basket of Plums Songbook:

This songbook shares the songs of Plum Village, Thich Nhat Hanh's Community of Mindful Living in France. With traditional hymns and many of Thich Nhat Hanh's well-know poems set to music, along with original compositions by songwriter Joseph Emet, A Basket of Plums Songbook is a perfect way to learn about mindfulness. These songs are for walking, sitting, breathing, eating, gratitude, and enjoying the present moment. Whether you chose to listen, sing along, or play the music yourself these songs offer an opportunity to experience mindfulness wherever you are.