

## How to focus

Thich, Nhat Hanh, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920551591&lokasi=lokal>

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### Abstrak

The simple, refreshing meditations of Zen Master Thich Nhat Hanh give us the tools to cultivate concentration. Practicing mindfulness brings concentration, and concentration brings insight and understanding.

With our world experiencing the deep effects of loneliness, digital overload, and a proliferation of potential distractions, this pocket-sized How To book reminds us of the value of developing our concentration, so we can let go of misperceptions and cultivate the clarity of mind that is the basis for understanding ourselves, each other, and the world.

Written with characteristic simplicity and kindness, these wise meditations teach us that by practicing mindfulness in daily life, we are cultivating the power of concentration and fostering the conditions that bring insight, liberating us from misperceptions and misunderstanding.