

Thich Nhat Hanh Essential Writings Modern Spiritual Masters Series

"Written in words so intimate, calm, kind, and immediate, this extraordinary book feels like a message from our very own heart...Thich Nhat Hanh is one of the most important voices of our time, and we have never needed to listen to him more than now." –Sogyal Rinpoche Fear is destructive, a pervasive problem we all face. Vietnamese Buddhist Zen Master, poet, scholar, peace activist, and one of the foremost spiritual leaders in the world—a gifted teacher who was once nominated for the Nobel Peace Prize by Martin Luther King Jr.—Thich Nhat Hanh has written a powerful and practical strategic guide to overcoming our debilitating uncertainties and personal terrors. The New York Times said Hanh, "ranks second only to the Dalai Lama" as the Buddhist leader with the most influence in the West. In *Fear: Essential Wisdom for Getting through the Storm*, Hanh explores the origins of our fears, illuminating a path to finding peace and freedom from anxiety and offering powerful tools to help us eradicate it from our lives.

How to Love is the third title in Parallax's Mindfulness Essentials Series of how-to titles by Zen Master Thich Nhat Hanh, introducing beginners and reminding seasoned practitioners of the essentials of mindfulness practice. This time Nhat Hanh brings his signature clarity, compassion, and humor to the thorny question of how to love. He distills one of our strongest emotions down to four essentials: you can only love another when you feel true love for yourself; love is understanding; understanding brings compassion; deep listening and loving speech are key ways of showing our love. Pocket-sized, with original two color illustrations by Jason DeAntonis, *How to Love* shows that when we feel closer to our loved ones, we are also more connected to the world as a whole. With sections on Love vs. Need, Being in Love, Reverence, Intimacy, Children and Family, Reconciling with Parents, and more, *How to Love* includes meditations you can do alone or with your partner to go deep inside and expand your own capacity to love. Scientific studies indicate that meditation contributes tremendously to well-being, general health, and longevity. *How to Love* is a unique gift for those who want a comprehensive yet simple guide to understanding the many different kinds of love, along with meditative practices that can expand the understanding of and capacity for love, appropriate for those practicing in any spiritual tradition, whether seasoned practitioners or new to meditation.

Bringing the energy of true presence into our lives really does change things for the better—and all it takes is a little training. This treasury of 365 gems of daily wisdom from one of the most beloved Buddhist teachers of our age is a help and support for anyone who wants to train to meet every moment of life with 100 percent attention. Thich Nhat Hanh shows how practicing mindfulness can transform every area of our lives—and how its benefits radiate beyond us to affect others and the whole, larger world.

This new translation of the Buddha's most important, most studied teaching offers a radical new interpretation. In September, 2014 Thich Nhat Hanh completed a profound and beautiful new English translation of the Prajñāparamita Heart Sutra, one of the most important and well-known sutras in Buddhism. The Heart Sutra is recited daily in Mahayana temples and practice centers throughout the world. This new translation came about because Thich Nhat Hanh believes that the patriarch who originally compiled the Heart Sutra was not sufficiently skillful with his use of language to capture the intention of the Buddha's teachings—and has resulted in fundamental misunderstandings of the central tenets of Buddhism for almost 2,000 years. In *The Other Shore: A New Translation of the Heart Sutra with Commentaries*, Thich Nhat Hanh provides the new translation with commentaries based on his interpretation. Revealing the Buddha's original intention and insight makes clear what it means to transcend duality and pairs of opposites, such as birth and death, and to touch the ultimate reality and the wisdom of nondiscrimination. By helping to demystify the term "emptiness," the Heart Sutra is made more accessible and understandable. Prior to the publication of *The Other Shore*, Thich Nhat Hanh's translation and commentaries of the Heart Sutra, called *The Heart of Understanding*, sold more than 120,000 copies in various editions and is one of the most beloved commentaries of this critical teaching. This new book, *The Other Shore*, supersedes all prior translations.

Regarded by many as Thich Nhat Hanh's most personally revealing and endearing book, these collected journals chronicle the first-hand experiences of the Zen Master as a young man in both the United States and Vietnam, just as his home country is plunged into war and turmoil. "It isn't likely that this collection of journal entries, which I'm calling *Fragrant Palm Leaves*, will pass the censors... I'll leave Vietnam tomorrow." Thus Thich Nhat Hanh begins his May 11, 1966 journal entry. After leaving Vietnam, he was exiled for calling for peace, and was unable to visit his homeland again until 2004. In the interim, Thich Nhat Hanh continued to practice and teach in the United States and Europe, and became one of the world's most respected spiritual leaders. But when these journals are written, all of that is still to come. *Fragrant Palm Leaves* reveals a vulnerable and questioning young man, a student and teaching assistant at Princeton and Columbia Universities from 1962–1963, homesick and reflecting on the many difficulties he and his fellow monks faced at home trying to make Buddhism relevant to the people's needs. We also follow Thich Nhat Hanh as he returns to Vietnam in 1964, and helps establish the movement known as Engaged

Buddhism. A rare window into the early life of a spiritual icon, Fragrant Palm Leaves provides a model of how to live fully, with awareness, during a time of change and upheaval.

An excellent collection of the writing of one of the foremost Buddhist monks. It will bring mindfulness, peace and self-understanding to people of every faith.

Reach true clarity and insight by looking deeply, minimizing misperceptions, and having the courage to see things as they really are. The seventh book in the bestselling Mindfulness Essentials series, a back-to-basics collection from world-renowned Zen Master Thich Nhat Hanh that introduces everyone to the essentials of mindfulness practice. Profound and always approachable, Thich Nhat Hanh teaches us the art of looking deeply—in to our knee-jerk assumptions and runaway thoughts—so we can recognize the true meaning and essence of our lives. How to See teases apart the act of seeing—both inside and outside of ourselves, and points the way to developing true clarity. Written with his signature warmth, these pithy meditations are accompanied by playful sumi-ink drawings by California artist Jason DeAntonis.

Presents a collection of the Vietnamese monk's writings selected from twenty-two of his books which focus on the Buddhist teachings of inner peace and mindfulness.

[Journals 1962-1966](#)

[James Martin](#)

[Buddhist Teachings on Awakening and True Happiness](#)

[How to See](#)

[Teachings on Love](#)

[Essential Writings on Engaged Buddhism](#)

[At Home in the World](#)

[How to Fight](#)

[Zen Battles](#)

[The Essential Writings](#)

[No Mud, No Lotus](#)

[Essential Writings by and about Thich Nhat Hanh](#)

[True Peace Work](#)

In Good Citizens: Creating Enlightened Society, Thich Nhat Hanh lays out the foundation for an international solidarity movement based on a shared sense of compassion, mindful consumption, and following these principles, he believes, is the path to world peace. The book is based on our increased global interconnectedness and subsequent need for harmonious communication and a share in an increasingly globalized world a more peaceful place. The book will be appreciated by people of all faiths and cultural backgrounds. While based on the basic Buddhist teachings of the Four Noble Truths, Thich Nhat Hanh boldly leaves Buddhist terms behind as he offers his contribution to the creation of a truly global and nondenominational blueprint to overcoming deep-seated divisions and achieving harmony and the preservation of the planet. Key topics include the true root causes of discrimination; the exploration of the various forms of violence; economic, social, and sexual violence. He explains how to practice nonviolence in all daily interactions, elaborates on the practice of generosity, and teaches the art of deep listening and loving speech to help reach a compromise and reestablish communities where misunderstandings have escalated into conflicts. Good Citizens also contains a new wording of the Five Mindfulness Trainings (traditionally called "precepts") for lay practitioners, bringing them in line with modern needs and realities. In their new form they are concrete and practical guidelines of ethical conduct that can be accepted by all traditions. Good Citizens also includes the complete text of the UN Declaration of Transforming Violence and Creating a Culture of Peace for the Benefit of the Children of the World. It was drafted by numerous Peace Nobel Prize recipients and signed by over 100 world leaders. Coinciding with a US presidential election year, Good Citizens reaches across all political backgrounds and faith traditions. It shows that dualistic thinking—Republican/Democrat, Christian/Muslim—creates a false sense of separateness. When we realize that we share a common ethic and moral code, we can create a community that can change the world.

A Lifetime of Peace follows the successful model established by A Lifetime of Wisdom: Essential Writings by and about the Dalai Lama. It draws on dozens of sources to collect the very best writings of Thich Nhat Hanh, the revered Vietnamese Buddhist monk and peace activist. This timely collection is both a political and spiritual handbook which encompasses all of Thich Nhat Hanh's major themes—mindfulness, compassion, and peace on earth. In 1967 Dr. Martin Luther King, Jr. nominated Hanh for the Nobel Peace Prize, citing the monk's lifelong efforts to encourage peace and reconciliation around the world. This collection will not only present Hanh's writing about his experiences during the Vietnam War and excerpts from his journals, but also collect a range of other highlights, such as his advice for the practice and his unique insights into Buddhist and Christian theology. But above all, A Lifetime of Peace is a timely and thought-provoking examination of the nature of peace—both as an inner state and a condition in the world.

Weaving together traditional stories, personal experiences, and a deep understanding of the Buddha's way of mindful living, Thich Nhat Hanh provides step-by-step practices that foster understanding, compassion, and peace on earth. In 1967 Dr. Martin Luther King, Jr. nominated Hanh for the Nobel Peace Prize, citing the monk's lifelong efforts to encourage peace and reconciliation around the world. This collection will not only present Hanh's writing about his experiences during the Vietnam War and excerpts from his journals, but also collect a range of other highlights, such as his advice for the practice and his unique insights into Buddhist and Christian theology. But above all, A Lifetime of Peace is a timely and thought-provoking examination of the nature of peace—both as an inner state and a condition in the world.

"Followers and newcomers to Nhat Hanh's teaching alike will find this collection inspiring for everyday practice and for social engagement in the world."—Publishers Weekly This collection of autobiographical teaching stories from peace activist and Zen Master Thich Nhat Hanh is thought provoking, inspiring, and enjoyable to read. Collected here for the first time, these stories span the author's life. T

Thich Nhat Hanh's childhood and the traditions of rural Vietnam. There are stories from his years as a teenaged novice, as a young teacher and writer in war torn Vietnam, and of his travels around the world. His teachings on mindfulness, make pilgrimages to sacred sites, and influence world leaders. The tradition of teaching the Dharma through stories goes back at least to the time of the Buddha. Like the Buddha, Thich Nhat Hanh uses story-telling to engage people's interest so he can share important teachings, insights, and life lessons.

The secret to happiness is to acknowledge and transform suffering, not to run away from it. In *No Mud, No Lotus*, Thich Nhat Hanh offers practices and inspiration transforming suffering and finding happiness. Thich Nhat Hanh acknowledges that because suffering can feel so bad, we try to run away from it or cover it up by consuming. We find something to eat or turn on the television. But unless we're able to be fully present and available to life, and happiness will continue to elude us. Nhat Hanh shares how the practices of stopping, mindful breathing, and deep concentration can generate the energy of mind that can transform our lives. With that energy, we can embrace pain and calm it down, instantly bringing a measure of freedom and a clearer mind. *No Mud, No Lotus* introduces ways to be in touch with suffering without being overwhelmed by it. "When we know how to suffer," Nhat Hanh says, "we suffer much, much less." With his signature clarity and sense of joy, Thich Nhat Hanh helps us recognize the wonders inside us and around us, and shows us how to be happy for granted and teaches us the art of happiness.

By a renowned Buddhist monk and best-selling author, this guide offers simple daily practices--including mindfulness of breath, mindful walking, deep listening, mindful speech, and more--to help us find happiness and freedom of living in the present moment.

The Zen master and one of the world's most beloved teachers returns with a concise, practical guide to understanding and developing our most powerful inner resource—silence—to help us find peace. Many people embark on a seemingly futile search for happiness, running as if there is somewhere else to get to, when the world they live in is full of wonder. To be alive is a miracle. Beautiful things are everywhere, but we rarely are in the position to listen. To hear the call of beauty and respond to it, we need silence. Silence shows us how to find and maintain our equanimity amid the barrage of noise. Thich Nhat Hanh shows us the path to cultivate calm even in the most chaotic places. This gift of silence doesn't require hours upon hours of silent meditation or an existing practice of any kind. Through careful breathing and listening, Thich Nhat Hanh teaches us how to become truly present in the moment, to recognize the beauty surrounding us, and to find harmony. With mindfulness comes stillness—and the silence we need to come back to ourselves, to see who we are and what we truly want, the keys to happiness and well-being.

"Through biographical reflections and selected writings, this anthology highlights the essential teachings of a dozen modern spiritual masters, each of whom embodied a form of engaged spirituality that met the needs of a wounded world. Each opposed a style of spirituality focused entirely on the inner life, while at the same time stressing the importance of prayer and silence as the foundation of spiritual practice. Balancing contemplation and compassion, these figures - including some of the world's best-known spiritual writers - represent a model of spirituality sensitive to tradition as well as the challenges of the modern world." —JACKET.

[The Raft is Not the Shore](#)

[Stories and Essential Teachings from a Monk's Life](#)

[The Other Shore](#)

[Good Citizens](#)

[The Saints' Guide To Happiness](#)

[A Modern Buddhist Bible](#)

[Fragrant Palm Leaves](#)

[Essential Buddhist Sutras and Commentaries](#)

[Awakening of the Heart](#)

[Essential Readings from East and West](#)

[Conversations Toward a Buddhist-Christian Awareness](#)

[Essential Wisdom for Getting Through the Storm](#)

[The Art of Transforming Suffering](#)

A treasury of writings and teachings from the beloved Zen teacher Thich Nhat Hanh. Since Thich Nhat Hanh's exile from his native Vietnam in 1966, this Zen Buddhist monk has gone on to become one of the most influential and beloved spiritual masters of our age. The seeming simplicity of his words belies the power of this teaching to touch the heart and mind and to inspire spiritual practice. These selections, taken from his many published works, together make up a concise introduction to all his major themes and distill his teachings on the transformation of individuals, relationships, and society. This book is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

*"Among Buddhist leaders influential in the West, Thich Nhat Hanh ranks second only to the Dalai Lama." —New York Times "Thich Nhat Hanh is a holy man.... His ideas for peace, if applied, would build a monument to ecumenism, to world brotherhood, to humanity." —Martin Luther King, Jr., nominating Thich Nhat Hanh for the Nobel Peace Prize in 1967. In this much-anticipated follow-up to his bestselling classic, *Peace Is Every Step*, Thich Nhat Hanh—one of the most revered spiritual leaders in the world today—offers an insightful guide to living a fuller life. In this deeply insightful meditation, the world-renowned Vietnamese Zen Buddhist master, poet, scholar, and peace activist illuminates how each of us can incorporate the practice of mindfulness into our every waking moment. In the tradition of *The Art of Happiness and Living Buddha, Living Christ*, Thich Nhat Hanh's *Peace Is Every Breath* opens a pathway to greater spiritual fulfillment through its patient*

examination of how we live our lives.

Takes an alternative look at modern Buddhism from the perspective of prominent authors writing from 1873 to 1980, and includes biographical sketches for each entry.

Love Letter to the Earth is Thich Nhat Hanh's passionate appeal for ecological mindfulness and the strengthening of our relationship to the Earth. While many experts point to the enormous complexity in addressing issues ranging from the destruction of ecosystems to the loss of millions of species, Thich Nhat Hanh identifies one key issue as having the potential to create a tipping point. He believes that we need to move beyond the concept of the "environment," as it leads people to experience themselves and Earth as two separate entities and to see the planet only in terms of what it can do for them. Thich Nhat Hanh points to the lack of meaning and connection in peoples' lives as being the cause of our addiction to consumerism. He deems it vital that we recognize and respond to the stress we are putting on the Earth if civilization is to survive. Rejecting the conventional economic approach, Nhat Hanh shows that mindfulness and a spiritual revolution are needed to protect nature and limit climate change.

The first book in the Mindfulness Essentials Series by Zen Master Thich Nhat Hanh, How to Sit offers clear, simple directions and inspiration for anyone wanting to explore mindfulness meditation. In short, single-paragraph chapters, Nhat Hanh shares detailed instructions, guided breathing exercises and visualizations, as well as his own personal stories and insights. This pocket-sized book is perfect for those brand new to sitting meditation as well as for those looking to deepen their spiritual practice. With sumi ink drawings by Jason DeAntonis.

A comprehensive, single volume collection of the Buddha's key sutras, translated with contemporary commentary by a Zen Master and prolific author, is an essential complement to Happiness: Essential Mindfulness Practices, a collection of meditation and mindful practices. Original. Joyfully Together contains a wealth of ideas, thoughts, and practical suggestions on how to live happily with other people. The wisdom in this book draws from ancient Buddhist traditions to solve conflicts large and small. Thich Nhat Hanh explores the spiritual, emotional, and practical aspects of developing a community for life. He shows how using nonviolent communication can resolve difficulties and nurture a sense of peace and reconciliation in all of our relationships. The practical insight he shares in this book is easily adaptable for use by families, religious communities, cities, and even the United Nations.

A new dialogue between the radical Jesuit priest and the Vietnamese Zen master covers a wide range of topics relevant to the Buddhist-Christian relationship, including war, peace, death, Jesus, and the Buddha. Original.

[The Everyday Wisdom of Thich Nhat Hanh: 365 days of practical, powerful teaching s from the beloved Zen teacher](#)

[Thomas Merton, Spiritual Master](#)

[Love Letter to the Earth](#)

[Modern Commentary on the Teachings of Master Linji](#)

[How to Sit](#)

[Thich Nhat Hanh: Essential Writings](#)

[Two Treasures](#)

[Thich Nhat Hanh](#)

[Peace of Mind](#)

[You Are Here](#)

[A Practice for Our Busy Lives](#)

[Modern Spiritual Masters](#)

[How to Eat](#)

In troubled times, there is an urgency to understand ourselves and our world. We have so many questions, and they tug at us night and day, consciously and unconsciously. In this important volume Zen Master Thich Nhat Hanh—one of the most revered spiritual leaders in the world today—reveals an art of living in mindfulness that helps us answer life's deepest questions and experience the happiness and freedom we desire. Thich Nhat Hanh presents, for the first time, seven transformative meditations that open up new perspectives on our lives, our relationships and our interconnectedness with the world around us. Based on the last full talks before his sudden hospitalization, and drawing on intimate examples from his own life, Thich Nhat Hanh shows us how these seven meditations can free us to live a happy, peaceful and active life, and face ageing and dying with curiosity and joy and without fear. Containing the essence of the Buddha's teachings and Thich Nhat Hanh's poignant, timeless, and clarifying prose, The Art of Living provides a spiritual dimension to our lives. This is not an effort to escape life or to dwell in a place of bliss outside of this world. Instead, this path will allow us to discover where we come from and where we are going. And most of all, it will generate happiness, understanding, and love, so we can live deeply in each moment of our life, right where we are.

One of the key tenets of the Zen school of Mahayana Buddhism is that each one of us is already a Buddha--our enlightenment is inherent within us, and the practice of mindfulness is the tool to bring this truth to our full awareness. While it can bring much relief, this simple statement does not preclude the need for practice. We must strive to always be aware of our Buddha nature, rather than waiting until times of emotional upheaval

when it is more difficult to practise. Thich Nhat Hanh uses the teachings of ninth century Zen Master Linji to elaborate on this simple truth and to give readers tools that can help awaken them to their true inner nature. Linji's recorded teachings are the most significant we have from the Ch'an school. One of the unique aspects of Linji's teaching, is the need to "wake ourselves up", not only by means of sitting meditation and listening to enlightened teachings, but also through unique techniques such as the shout, the stick, and the empty fist. Master Linji emphasized direct experience of our true nature over intellectual explorations of the teachings, and he encouraged his students to not "become lost in the knowledge or the concepts of the teaching".

How to Eat is part of the Mindfulness Essentials Series by Zen Master Thich Nhat Hanh, illuminating the basics of mindfulness practice. These short meditations cover everything from eating with others and enjoying our food to connecting with the Earth. Nhat Hanh inspires a joyful and sustainable relationship with all aspects of eating, including gardening, food shopping, preparing, serving, and even cleaning up after a meal. How to Eat is a welcome reminder that the benefits of mindful eating are both personal and global. With sumi ink drawings by Jason DeAntonis.

The Five Mindfulness Trainings (also referred to as "Precepts")—not to kill, steal, commit adultery, lie, or take intoxicants—are the basic statement of ethics and morality in Buddhism. Zen Master and peace activist Thich Nhat Hanh argues eloquently for their applicability in our daily lives and on a global scale. Nhat Hanh discusses the value and meaning of each precept, offering insights into the role that it could play in our changing society. Thich Nhat Hanh calls the trainings a "diet for a mindful society." With this book he offers a Buddhist contribution to the current thinking on how we can come together to define secular, moral guidelines that will allow us to explore and sustain a sane, compassionate, and healthy way of living. The Five Mindfulness Trainings offer a path to restoring meaning and value in our world, whether called virtues, ethics, moral conduct, or precepts they are guidelines for living without bringing harm to others.

Renowned Zen master and Buddhist monk, Thich Nhat Hanh, explores the origins of fear and offers detailed practises on how to deal with its often toxic presence in our lives. Formed by a lifetime of mindfulness in action, he also shows us the path to peace, happiness and freedom that can come out of such explorations. For him, happiness is not found by suppressing our emotions but by purposefully living in a mindfully aware state. Only by practicing mindfulness in this way can we identify the source of pain that is responsible for our fear and anxiety, and cut it off from its roots so that the pain can subside. When we're not held in the grip of fear, we can truly embrace the gifts of life.

Includes excerpts from "Seven storey mountain", "Conjectures of a guilty bystander" and many other works including a chronology of Merton's life.

Learn how to relax the bonds of anger, attachment, and delusion through mindfulness and kindness toward ourselves and others. The Mindfulness Essentials series introduces beginners and reminds seasoned practitioners of the essentials of mindfulness practice. This time Nhat Hanh brings his signature clarity, compassion, and humor to the ways we act out in anger, frustration, despair, and delusion. In brief meditations accompanied by whimsical sumi-ink drawings, Thich Nhat Hanh instructs us exactly how to transform our craving and confusion. If we learn to take good care of our suffering, we can help others do the same. How to Fight is pocket-sized with two color original artwork by California artist Jason DeAntonis.

Two teachings on the realization of the Buddhist ideals of simplicity, generosity, compassion, and ultimately enlightenment.

[Creating Enlightened Society](#)

[Essential Writings](#)

[Becoming Fully Present](#)

[Being Peace](#)

[Fear](#)

[Writings on Contemplation and Compassion](#)

[Peace Is Every Breath](#)

[Silence](#)

[Peace and Freedom in the Here and Now](#)

[Present Moment Wonderful Moment](#)

[Joyfully Together](#)

[Discovering the Magic of the Present Moment](#)

[Your True Home](#)

Thich Nhat Hanh, His Holiness The Dalai Lama, bell hooks, Bill McKibben, Gary Snyder, Maha Ghosananda, Charles Johnson, Bhikkhu Bodhi, Matthieu Ricard, and many others are featured alongside each other in this foundational trove of Buddhist essays, poems, and teachings. Now a modern classic, True Peace Work is the premier collection of writings on the practice of Engaged Buddhism, a term that Zen Master Thich Nhat Hanh coined in the 1960s as part of his peace work in Vietnam that has grown to become a worldwide movement. The topics covered here are especially relevant in today's world: from creating nonviolent social change, to raising climate awareness, to simply learning how to walk (and enjoy it). This is not purely an activist's manual, however. True Peace Work is a spiritual bedrock that is as timeless as it is timely, one that insists on the connection between peace in oneself and peace in the world. Originally published in 1996 as Engaged Buddhist Reader, this revised edition has been expanded for our current time with a new introduction and additional contributors.

We can't heal with our minds alone. Thinking can be something productive and creative, but without integrating body and mind, much of our thinking is useless and unproductive. In Peace of Mind, Zen master Thich Nhat Hanh reminds us that integrating body and mind is the only way to be fully alive in each moment, without getting lost in our thoughts while walking, cooking, driving, and going about our everyday lives. Only by cultivating a mindful body and an embodied mind can we be fully alive. Bringing together ancient wisdom and contemporary thinking, Thich Nhat Hanh says it's like hardware and software—if you don't have both, you can't do anything. Peace of Mind

provides a foundation for beginning mindfulness practices and understanding the principles of mind/body awareness. By learning how our physical body and mind are inseparable in creating our own perceptions and experiences we can begin to trust and nourish our ability to create well-being.

The author of All Saints draws on the lives and wisdom of the saints to explain how readers can find true happiness in terms of personal growth, career success, fitness, and more, presenting a series of lessons in the life of the spirit that cover such topics as friendship, meaningful work, enduring love, grief, and understanding the significance of life. Reprint. 12,500 first printing.

Being Peace is a timeless and eloquent introduction to Zen Master Thich Nhat Hanh and his most important teachings. First published in 1987 and translated into more than thirty languages, this spiritual classic reveals the connection between our own personal happiness and the state of the world around us. Thich Nhat Hanh's key practices are presented in simple and clear language, offering practical suggestions for how to create a more peaceful world "right in the moment we are alive." Being Peace is a must-have for those interested in Buddhist practice and a perfect starting point for anyone concerned about how to create peace in themselves and the world.

[The Pocket Thich Nhat Hanh](#)

[A Lifetime of Peace](#)

[Practical Lessons In The Life Of The Spirit](#)

[The Art of Living](#)

[Five Essential Practices](#)

[The Power of Quiet in a World Full of Noise](#)

[Mindfulness Verses for Daily Living: Easyread Large Bold Edition](#)

[A New Translation of the Heart Sutra with Commentaries](#)

[The Mindfulness Survival Kit](#)

[The Art of Building a Harmonious Community](#)

[How to Love](#)