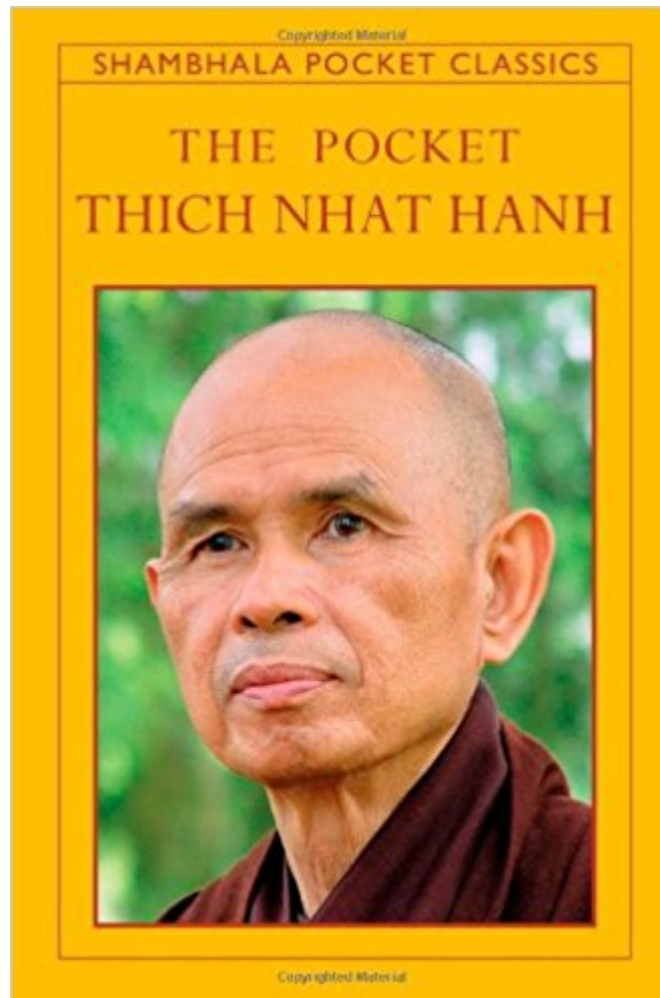




The book was found

The Pocket Thich Nhat Hanh (Shambhala Pocket Classics)



Synopsis

This is a collection of powerful and inspiring teachings in an appealing, convenient pocket-size book from one of today's most important and beloved spiritual teachers, the Zen Buddhist monk Thich Nhat Hanh. Next to His Holiness the Dalai Lama, Thich Nhat Hanh is the best-known Buddhist teacher in the world, and his teachings have touched millions. Thich Nhat Hanh is known for his warm, generous, and joyful teaching style that makes his wisdom remarkably accessible and resonant to readers from all backgrounds. These selected writings are drawn from Thich Nhat Hanh's many published works and provide a wonderful overview of his teachings. This reader covers the main themes that Thich Nhat Hanh has addressed as a Buddhist teacher: mindfulness in our daily lives, Buddhism and enlightenment, working with emotions and relationships, and transforming society (engaged Buddhism).

Book Information

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Customer Reviews

A Vietnamese Zen Buddhist monk, Thich Nhat Hanh is an internationally known author, poet, scholar, and peace activist, and was nominated for the Nobel Peace Prize by Martin Luther King Jr. He is the author of numerous books, including the best-selling *Living Buddha, Living Christ*; *Anger: Wisdom for Cooling the Flames*; *Peace Is Every Step*; and *The Miracle of Mindfulness*. He is the leader of monastic communities in New York, California, France, Germany, Hong Kong, and Vietnam, and his teachings inspire several hundred local groups of lay practitioners across the

United States, Latin America, Europe, Africa, Asia, and Oceania.

I suffer from multiple anxiety disorders and this beautiful person has helped me immensely learn how to live a calmer life than I used to. I carry this book with me always...on my kindle fire, my smartphone, and the actual physical book.

Great book, suggested as part of a healing studies class with my doctor.

Everyone should have this in their pocket. I bought a couple more for friends too.

if you're traveling and are space-conscious, or if you just like to carry with you a little reminder that everything is okay, this is a fabulous little friend. much like his other books, this one has succinct chapters with a single message.

Excellent. Small and easy to carry. Highly recommend the size and message!

I take it everywhere.

I took the little book on a trip to California and used it in conjunction with meditation and daily mindfulness practice. It's compact with clear program and attention to necessities. It is a great traveling companion of the writings of Tich Nhat Hanh, a monk I highly respect.

Well done

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