



Thich Nhat Hanh: The Best Of Thich Nhat Hanh - Life Lessons, Inspiration And Best Quotes (The Art of Communicating, How to Love)

Jordan Baker

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Thich Nhat Hanh

The Best Of Thich Nhat Hanh – Life Lessons, Inspiration And Best Quotes

Thich Nhat Hanh is a world-renown author, speaker, and man of peace. His recent health scare has brought fresh attention to his teachings, which have a foundation in moral and ethical practices that transcend culture and religion.

In this book you will find:

- A short biography outlining his influence and accomplishments
- A discussion of his teachings on living in the moment, and how it contributes to our happiness and peace
- A short background of the five mindfulness trainings and what their inspiration was
- An explanation of how he uses certain words, with the goal of helping us to better understand and apply his teachings
- A detailed discussion of each of the five mindfulness trainings, with an emphasis on how they can be applied to our life starting this moment
- Separate chapters covering the mindfulness trainings regarding reverence for life, true happiness, true love, loving speech and deep listening, and nourishment and healing
- An exploration of his teachings regarding practical topics like blaming others and how to keep conflict from escalating

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From reader reviews:

Clare Lucas:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their sparetime with their family, or all their friends. Usually they carrying out activity like watching television, planning to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Will you something different to fill your own free time/ holiday? Could possibly be reading a book can be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to try look for book, may be the publication untitled Thich Nhat Hanh: The Best Of Thich Nhat Hanh - Life Lessons, Inspiration And Best Quotes (The Art of Communicating, How to Love) can be excellent book to read. May be it might be best activity to you.

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