

# You Are Here Thich Nhat Hanh

From the team that brought you *The Obstacle Is the Way* and *Ego Is the Enemy*, a beautiful daily devotional of Stoic meditations—an instant Wall Street Journal and USA Today Bestseller. Why have history's greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. *The Daily Stoic* offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well.

The renowned Zen master and peace activist introduces a Buddhist approach to practicing authentic love in our everyday lives. In this eye-opening guide, Zen monk Thich Nhat Hanh offers timeless insight into the nature of real love. With simplicity, warmth, and directness, he explores the four key aspects of love as described in the Buddhist tradition: lovingkindness, compassion, joy, and freedom—explaining how to experience them in our day-to-day lives. He also emphasizes that in order to love in a real way, we must first learn how to be fully present in our lives, and he offers simple techniques from the Buddhist tradition that anyone can use to establish the conditions of love. Thich Nhat Hanh, a Vietnamese Zen Buddhist monk, is an internationally known author, poet, scholar, and peace activist who was nominated for the Nobel Peace Prize by Martin Luther King Jr.

*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.

*Taming the Tiger Within* is a handbook of meditations, analogies, and reflections that offer pragmatic techniques for diffusing anger, converting fear, and cultivating love in every arena of life—a wise and exquisite guide for bringing harmony and healing to one's life and relationships. Acclaimed scholar, peace activist, and Buddhist master revered by people of all faiths, Thich Nhat Hanh has inspired millions worldwide with his insight into the human heart and mind. Now he focuses his profound spiritual wisdom on the basic human emotions everyone struggles with on a daily basis.

*Present Moment Wonderful Moment*

*The Everyday Wisdom of Thich Nhat Hanh: 365 days of practical, powerful teachings from the beloved Zen teacher*

*Mindfulness Verses for Daily Living: Easy Read Comfort Edition*

*Your True Home*

*The Sun My Heart*

## Bringing Mindful Awareness into Our Relationships A New Way of Being

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 happiness, purpose, and 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. Beauty calls to us every day, yet 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 guides us on a 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 mindfulness techniques he 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 and discover who we are and what we truly want, the keys to happiness and well-being.

The Zen monk argues for a more mindful, spiritual approach to environmental protection and activism—one that recognizes people and planet as one and the same. 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. *Love Letter to the Earth* is a hopeful book that gives us a path to follow by showing that change is possible only with the recognition that people and the planet are ultimately one and the same.

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.

'One of the most influential spiritual leaders of our times' Oprah Essential life lessons from the world's most famous monk. Through a beautiful collection of autobiographical stories and teachings, *At Home in the World* tells the remarkable life of the beloved Zen Master, Thich Nhat Hanh. With his signature clarity and warmth, he shares tales from his childhood in rural Vietnam through to his travels teaching the world the art of mindfulness. 'Thich Nhat Hanh shows us the connection between personal inner peace and peace on earth' The Dalai Lama 'Thich Nhat Hanh does not merely teach peace; Thich Nhat Hanh is peace' Elizabeth Gilbert

You Are Here

Ten Exercises for Well-Being

Our Appointment with Life

The Healing Power of Mindfulness

Easyread Edition

Peace of Mind

How to Create a Loving Relationship That Lasts

"In this highly anticipated Buddhist perspective on resolving conflict, Nobel Peace Prize nominee Thich Nhat Hanh demonstrates how a real peace process is based on spiritual - not political - strength. Inspired by an ongoing Buddhist retreat project for Israelis and Palestinians, this book offers practical ways to handle our strong emotions and misperceptions and provides a possible way out of the ongoing conflict in the Middle East." "Peace Begins Here is rich with stories from individual Israelis and Palestinians, as well as examples from Thich Nhat Hanh's life, including his experience with non-violent action during the war in Vietnam and its aftermath. Highlights include personal stories from participants in the peace retreats and Thich Nhat Hanh's collected practices for peace, including deep listening, deep relaxation, mindful walking, mindful eating, and loving speech."--BOOK JACKET. Title Summary field provided by Blackwell North America, Inc. All Rights Reserved.

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. This compendium of the core teachings of Thich Nhat Hanh, based on a talk given at a prison, shows how mindfulness practice can cultivate freedom no matter where you are. "'So many of us, inmates and outsiders alike, are in prisons of our own making.... The miracle of mindfulness can free us all'"Shepherdstown Chronicle

In recent years scientists have discovered that mindfulness can reduce stress, improve mood, and enhance our sense of well-being. In this book, readers learn how mindfulness can be brought to bear in our relationships to increase intimacy, strengthen communication, and help us to find greater fulfillment. Topics in this collection include how to open your heart and develop lovingkindness for yourself and others, how to

improve communication through mindful speech and deep listening, noticing and counteracting destructive patterns, and discovering how intimate relationships can become a rich form of spiritual practice. Chapters and contributors include: • Zen teacher Thich Nhat Hanh on what mindfulness is and why it lies at the heart of real love • Psychotherapist David Richo on finding a partner • Psychotherapist and meditation teacher Tara Brach on the power of forgiveness • Rabbi Harold Kushner on striving to give love rather than get it • Novelist Jane Hamilton on a marital meltdown—and recovery • Meditation teacher Susan Piver on the value of heartbreak • Psychologist John Welwood on relationships as a path of personal and spiritual growth

How to Find Joy and Meaning in Each Hour of the Day

No Mud, No Lotus

Becoming Fully Present

The Art of Living

How to Love

How to Connect

You are Here

Cut through the busyness and anxieties of daily life to discover the simple happiness of living in the present moment, as taught by a world-renowned Zen monk. In this book, Thich Nhat Hanh—Zen monk, author, and meditation master—distills the essence of Buddhist thought and practice, emphasizing the power of mindfulness to transform our lives. But true mindfulness, Hanh explains, is not an escape. It is being in the present moment, totally alive and free. Based on a retreat that Thich Nhat Hanh led for Westerners, *You Are Here* offers a range of effective practices for cultivating mindfulness and staying in the present moment—including awareness of breathing and walking, deep listening, and skillful speech. These teachings will empower you to witness the wonder of life and transform your suffering, both within and outside you, into compassion, tenderness, and peace. As Thich Nhat Hanh declares, “the energy of mindfulness is the energy of the Buddha, and it can be produced by anybody.” It is as simple as breathing in and breathing out.

In this intelligent, accessible work, acclaimed poet and meditation teacher Stephen Levine introduces readers to meditation. Filled with practical guidance and advice—as well as extensive personal recollections—*A Gradual Awakening* explains the value of meditation as a means of attaining awareness, and provides readers with extensive advice on how to establish a practice. Drawing on his own personal experiences with and insights into vipassana meditation, Levine has crafted an inspiring book for anyone interested in deep personal growth.

"[Thich Nhat Hanh] shows us the connection between personal, inner peace and peace on earth." --His Holiness The Dalai Lama Nominated by Martin Luther King, Jr. for a Nobel Peace Prize, Thich Nhat Hanh is one of today's leading sources of wisdom, peace, compassion and comfort. With hard-won wisdom and refreshing insight, Thich Nhat Hanh confronts a subject that has been contemplated by Buddhist monks and nuns for twenty-five-hundred years—and a question that has been pondered by almost anyone who has ever lived: What is death? In *No Death, No Fear*, the acclaimed teacher and poet examines our concepts of death, fear, and the very nature of existence. Through Zen parables,

guided meditations, and personal stories, he explodes traditional myths of how we live and die. Thich Nhat Hanh shows us a way to live a life unfettered by fear. This easily accessible translation and commentary by Thich Nhat Hanh on the Sutra on Knowing the Better Way To Live Alone, is the earliest teaching of the Buddha on living fully in the present moment. "To live alone" doesn't mean to isolate oneself from society. It means to live in mindfulness: to let go of the past and the future, and to look deeply and discover the true nature of all that is taking place in the present moment. To fully realize this is to meet our appointment with life and to experience peace, joy, and happiness this realization brings. A wonderful addition to the library of anyone interested in Buddhist studies. "Our appointment with life is in the present moment. The place of our appointment is right here, in this very place." Thich Nhat Hanh in *Our Appointment with Life At Home in the World*

*The Miracle of Mindfulness*

*Lessons from a Remarkable Life*

*A Talk Given at the Maryland Correctional Institute*

*Right Here with You*

*Peace Begins Here*

*The Pocket Thich Nhat Hanh*

*The Sun My Heart* is one of Thich Nhat Hanh's most beloved books. It was written as a sequel to *Miracle of Mindfulness* and contains the journey, on the path of everyday practice, from mindfulness to insight in an informational, conversational manner. Using the objects and events of everyday life in his hermitage in Plum Village—the gradual settling of the pulp in a glass of apple juice or the wind blowing into the room and scattering papers about—Thich Nhat Hanh draws from Buddhist psychology, epistemology, and the world of contemporary literature and science to guide the reader along the path of clarity and understanding. This book can be read straight through, but is also designed to be opened randomly and experienced chapter by chapter, paragraph by paragraph. Thich Nhat Hanh suggests in the Introduction that *The Sun My Heart* "prefers to be a friend rather than a book. You can take it with you on the bus or subway as you do your coat or your scarf. It can give you small moments of joy at any time."

"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 and 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. There are stories from 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 to teach 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.

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 and intimacy in any relationship and extend our love even to those that cause us pain. *Teachings on Love* is a treasure-trove of guidance for couples, co-workers, or friends who

wish to nourish the gift and strength of their relationships and deal creatively with their weaknesses and difficulties. We all yearn to experience a love that is deeper and more joyful. Teachings on Love provides a time-tested path that anyone can follow to nurture the deepest love in ourselves and others. With a new introductory chapter by Thich Nhat Hanh

The secret to happiness is to acknowledge and transform suffering, not to run away from it. Here, Thich Nhat Hanh offers practices and inspiration transforming suffering and finding true joy. 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 face our suffering, we can't be 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 mindfulness within our daily 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 that we tend to take for granted and teaches us the art of happiness.

How to Sit

Be Free Where You Are

Wisdom for Cooling the Flames

Silence

Mindful Movements

Anger

Work

"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

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.

"[Thich Nhat Hanh] shows us the connection between personal, inner peace and peace on earth." —His Holiness The Dalai Lama Nominated by Martin Luther King, Jr. for a Nobel

Peace Prize, Thich Nhat Hanh is one of today's leading sources of wisdom, peace, compassion and comfort. It was under the bodhi tree in India twenty-five centuries ago that Buddha achieved the insight that three states of mind were the source of all our unhappiness: wrong knowing, obsessive desire, and anger. All are difficult, but in one instant of anger—one of the most powerful emotions—lives can be ruined, and health and spiritual development can be destroyed. With exquisite simplicity, Buddhist monk and Vietnam refugee Thich Nhat Hanh gives tools and advice for transforming relationships, focusing energy, and rejuvenating those parts of ourselves that have been laid waste by anger. His extraordinary wisdom can transform your life and the lives of the people you love, and in the words of Thich Nhat Hanh, can give each reader the power "to change everything."

Sixteen-year-old Emma Healy has never felt that she fit in with the rest of her family, so when she discovers that she had a twin brother who died shortly after they were born, she takes off on an impulsive road trip to try to discover who she really is.

Love Letter to the Earth

Stories and Essential Teachings from a Monk's Life

Taming the Tiger Within

The Art of Power

The Power of Quiet in a World Full of Noise

Discovering the Magic of the Present Moment

Fidelity

Over the years, Thich Nhat Hanh and his monastic community in Plum Village, have developed more and more ways to integrate mindfulness practices into every aspect of their daily life. A few years back Thich Nhat Hanh began to develop gentle exercises based on Yoga and Tai Chi movements. Initially designed as mindful stretching breaks between long periods of sitting meditation, Mindful Movements became a popular tool to complement to sitting meditation extending Thich Nhat Hanh's trademark gentle approach to Buddhist teachings into a series of physical movements. These movements enjoy a growing popularity amongst his students and have become integral part of his retreats. These simple and effective practices are meant to reduce stress and tension to help the practitioner gain the serenity he needs to return to a state of mindfulness. When done as part of a full mediation practice, these movements can address mental, emotional, and physical stress. Offered to the general public for the first time, the Mindful Movements have been lovingly illustrated by one of Thich Nhat Hanh's long-time practitioner, Wietske Vriezen. Drawn in a whimsical and immediately appealing style the booklet presents 10 routines that can be practiced by people of all ages and body types whether they are already familiar with mindfulness practices or not. The Mindful Movements are designed to be accessible to as many people as possible. Far from being another exercise program, Mindful Movements is for all those wanting to add a gentle but physical element to their meditation practice. They can be practiced before or after sitting meditation, at home, or at work - any time you have a few minutes to refresh your body and quiet your mind. For those new to meditation they are a great, non-threatening way to get acquainted with mindfulness as a complete and multi-faceted practice. For those who already have an established sitting practice Mindful Movements will come as a welcomed addition to their practice. With a foreword by Thich Nhat Hanh and Introduction by Jon Kabat-Zinn [TBC]

What does healthy intimacy look like? How do we keep the energy and passion alive in long-term relationships? What practices can help us forgive our partner when he or she has hurt us? How can we get a new relationship off to a strong and stable start? What do we do if we feel restless in a relationship or attracted to someone outside of our partner? These are just some of the questions Zen master and Nobel Peace Prize nominee Thich Nhat Hanh has been asked by practitioners and readers alike. Deeply moved by the suffering that can be caused by these issues, he offers concrete guidance in his first ever writings on intimacy and healthy sexuality. *Fidelity* guides the reader to an understanding about how we can maintain our relationships; keep them fresh, and accepting and loving our partner for who they are. *Fidelity* gives concrete advice on how to stay attentive and nourishing of each other amidst the many responsibilities and pressures of daily life. Readers will learn how to foster open communication, dealing with anger and other strong emotions, learning to forgive, and practicing gratitude and appreciation. *Fidelity* is written for both couples in a committed relationship wanting to further develop a spiritual dimension in their lives together, and for those where infidelity or hurt may have occurred, and there is a need for best practices to re-weave the net of love and understanding. In addition to addressing everyday occurrences and challenges, Thich Nhat Hanh shows how traditional Buddhist teachings on attachment, deep listening, and loving speech can help energize and restore our relationships. Written in a clear and accessible style, and filled with personal stories, simple practices and exercises, *Fidelity* is for couples at all stage of relationships. It the guide book for anyone looking to create long-lasting and healthy intimacy. In Thich Nhat Hanh's latest teachings on applied Buddhism for both the work place and daily life, chapters include dealing with workplace scenarios; dealing with home and family; encounters with strangers and with daily life; transportation; and creating communities wherever you are. This book is designed for adults who are new to meditation as well as those who are more experienced. The emphasis is on how to use applied Buddhism in daily life. *Work* aims at contributing to new models of leadership and doing business. It is also a book full of life-coaching advice, finding happiness, and positive psychology. We all need to "Chop Wood and Carry Water". Most of us experience work, hardship, traffic jams, and everything modern, urban life offers. By carefully examining our everyday choices we can move in the direction of right livelihood; we can be a lotus in a muddy world by building mindful communities, learning about compassionate living, or by coming to understand the concept of "Buddha nature." *Work* also discusses mindful consumption, or the mindful use of limited resources. Instead of *Living Large in Lean Times* or *Ramen to Riches* we can learn to appreciate living less large and think about what kind of riches we want for ourselves and others.

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 Daily Stoic

Palestinians and Israelis Listening to Each Other

Comforting Wisdom for Life

A Gradual Awakening

Going Home

366 Meditations on Wisdom, Perseverance, and the Art of Living

No Death, No Fear

Discover how mindfulness can help you with healing. More than twenty years ago, Jon Kabat-Zinn showed us the value of cultivating greater awareness in everyday life with his now-classic introduction to mindfulness, *Wherever You Go, There You Are*. Now, in *The Healing Power of Mindfulness*, he shares a cornucopia of specific examples as to how the cultivation of mindfulness can reshape your relationship with your own body and mind--explaining what we're learning about neuroplasticity and the brain, how meditation can affect our biology and our health, and what mindfulness can teach us about coming to terms with all sorts of life challenges, including our own mortality, so we can make the most of the moments that we have. Originally published in 2005 as part of a larger book titled *Coming to Our Senses*, *The Healing Power of Mindfulness* features a new foreword by the author and timely updates throughout the text. If you are interested in learning more about how mindfulness as a way of being can help us to heal, physically and emotionally, look no further than this deeply personal and also "deeply optimistic book, grounded in good science and filled with practical recommendations for moving in the right direction" (Andrew Weil, MD), from one of the pioneers of the worldwide mindfulness movement. 'The monk who taught the world mindfulness' Time One breath, one step is all we need to feel at home and comfortable in the here and now In this enlightening series world-renowned spiritual leader Thich Nhat Hanh shares the essential foundations of mindful practise and mediation. From unlocking the connection to our inner self, forging deeper and more meaningful bonds with those around us to discovering a true sense of oneness with our natural world, this is the essential guide to help you master the art of connection.

Thich Nhat Hanh has become known as a healer of the heart, a monk who shows us how the everyday world can both enrich and endanger our spiritual lives. In this book, Jesus and Buddha share a conversation about prayer and ritual and renewal, and about where such concepts as resurrection and the practice of mindfulness converge. In this unique way, Thich Nhat Hanh shows the brotherhood between Jesus and Buddha-- and in the process shows how we can take their wisdom into the world with us, to "practice in such a way that Buddha is born every moment of our daily life, that Jesus Christ is born every moment of our daily life."

"Power is good for one thing only: to increase our happiness and the happiness of others. Being peaceful and happy is the most important thing in our lives and yet most of the time we suffer, we run after our cravings, we look to the past or the future for our happiness." Turning our conventional understanding of power on its head, world-renowned Zen master, spiritual leader, and national bestselling author Thich Nhat Hanh reveals how true power comes from within. What we seek, we already have. Whether we want it or not, power remains one of the central issues in all of our lives. Every day, each of us exercises power in many ways, and our every act subtly affects the world we live in. This struggle for control and authority permeates every aspect of our private and public lives, preventing us from attaining true happiness. The me-first mentality in our culture seeps unnoticed into our decisions and choices. Our bottom-line approach to getting ahead may be most visible in the business world, but the stress, fear, and anxiety it causes are being felt by people in all walks of life. With colorful anecdotes, precise language, and concrete practices, Thich Nhat Hanh illustrates how the current understanding of power leads us on a never-ending search for external markers like job title or salary. *The Art of Power* boldly challenges our assumptions and teaches each of us how to access the true power that is within our grasp.

The Companion to *The Miracle of Mindfulness*

Meditations on Transforming Difficult Emotions

Sutra on Knowing the Better Way to Live Alone

The Art of Transforming Suffering  
True Love  
Peace and Freedom in the Here and Now  
How to Fight

One of the best available introductions to the wisdom and beauty of meditation practice. --New Age Journal In this beautiful and lucid guide, Zen master Thich Nhat Hanh offers gentle anecdotes and practical exercise as a means of learning the skills of mindfulness--being awake and fully aware. From washing the dishes to answering the phone to peeling an orange, he reminds us that each moment holds within it an opportunity to work toward greater self-understanding and peacefulness.

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 readers discover the happiness and freedom of living in the present moment. 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.

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.

Fear  
A Practice for Awakening the Heart  
Be Still and Know  
Reflections from Living Buddha, Living Christ  
Essential Wisdom for Getting Through the Storm  
Teachings on Love

## An Introduction to the Practice of Meditation

In his acclaimed national bestseller, *Living Buddha, Living Christ*, renowned thinker and scholar Thich Nhat Hanh explored the deep connections between Christianity and Buddhism. *Be Still and Know* uses selections from his groundbreaking work to create a handbook of meditations and reflections that reawaken our understanding of both religions--and enrich our daily lives through personal contemplation. It is an inspiration to all who embrace its universal message of peace--a profound and moving work that illuminates the world's greatest traditions of spiritual thought, written by a man who is considered by many to be a "living Buddha."

This moment is the gateway to enlightenment. It is the only moment we have to be joyful, mindful, and awake. The key is to be there for yourself—to learn to be fully present in your life. This, Thich Nhat Hanh explains, is the heart of Buddhist practice. In this introduction to the practice of presence, the beloved Buddhist teacher provides indispensable insight on the essentials of Buddhist thought and offers a range of simple, everyday practices for cultivating mindfulness. These teachings empower us to witness the wonder of life and transform our suffering, both within us and around us, into compassion, tenderness, and peace—not in some long and hard struggle, but in this very moment. As Thich Nhat Hanh declares, "the energy of mindfulness is the energy of the Buddha, and it can be produced by anybody." It's as simple as breathing in and breathing out.