

Thich Nhat Hanh: Paintings By Nicholas Kirsten Honshin 2014 Mini Calendar (7 X 7)

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 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.

"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.

This small book brings readers the essence of Thich Nhat Hanh's profound wisdom in the setting of contemporary collage art.

"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.

Go Slowly, Breathe and Smile

The Mindful Art of Thich Nhat Hanh

Essential Writings

Journals, 1962-1966

Finding Inner Peace at Thich Nhat Hanh's Buddhist Monastery

Anger

A Book of Mindfulness, Kindfulness, and Words of Wisdom "Rashani's extraordinary collages perfectly mirror Thich Nhat Hanh's simple yet powerful teachings. An exquisite collection."
—James Baraz, author of Awakening Joy #1 New Release in Zen Philosophy, Stress Management, Meditation, and Mental & Spiritual Healing Thich Nhat is a spiritual luminary, second only to the Dalai Lama, and is globally renowned and admired. His words of wisdom are centralized in finding peace in every moment; whether you're stopped at a red light or answering a phone, mindfulness grounds you into the present moment. Start your day with these peaceful, empowering words of wisdom. All of these words are interwoven with meditative, inspiring images of celebration. Each page is designed to increase positive thinking and improve your mental health. Life-changing mindful meditations. Strengthen your mindset with these empowering words of wisdom that are referenced as essential advice for how to grow spirituality and mentally strong. Meditation practices are essential to building mindfulness. Go Slowly, Breathe and Smile is a unique convergence of wisdom and art, a beautiful tribute from a dedicated student to her teacher. Absorb Thich Nhat Hanh's words of wisdom and meditate on Rashani Réa's inspirational collages, and allow these pages to illuminate your heart and mind, inspire mindfulness, and reduce stress levels. Read Go Slowly, Breathe, and Smile and find: • Encouraging words of advice from the Wisest Monk Thich Nhat Hanh • Words of wisdom to thrive in the mind and body • Beautiful art by social activist Rashani Réa • Life lessons and tools for mindful meditations Thich Nhat Hanh's other books include the bestselling Peace Is Every Step; No Mud, No Lotus; and How to Love. Rashani Réa's other books include Nurses Cry Too and The Threshold Between Loss and

Revelation. If you liked *The Heart of the Buddha's Teaching*, or *The Miracle of Mindfulness*, you'll love *Go Slowly, Breathe and Smile*.

In this long-awaited sequel to his bestselling *Being Peace*, Thich Nhat Hanh develops his teachings on practicing peace in our everyday lives. Based on talks given during his 1991 visit to North America against the backdrop of the Gulf War. "One of the most beloved Buddhist teachers in the West. . . ."--*New Age Journal*. Illustrations.

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

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.

The Wisdom of Thich Nhat Hahn

Summary of Thich Nhat Hanh's *The Art of Living*

The Art of Living

Teachings on Love

The Zen Calligraphy of Thich Nhat Hanh

The Way Out Is In

This collection of autobiographical and teaching stories from peace activist and Zen Master Thich Nhat Hanh is thought provoking and inspiring. Collected here for the first time, these stories span his life. There are stories from his childhood and the traditions of rural Vietnam. There are stories from his years as a teenage 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 Zen teaching 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 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.

Best known for his Buddhist teachings, Thich Nhat Hanh has lived in exile from his native Vietnam since 1966. These remarkable early journals reveal not only an exquisite portrait of the Zen master as a young man, but the emergence of a great poet and literary voice of Vietnam. From his years as a student and teaching assistant at Princeton and Columbia, to his efforts to negotiate peace and a better life for the Vietnamese, *Fragrant Palm Leaves* offers an elegant and profound glimpse into the heart and mind of one of the world's most beloved spiritual teachers.

The author of *Being Peace* presents mindfulness and meditation as tools for examining—and solving—both personal and global challenges. In *Touching Peace*, Thich Nhat Hanh expands the teachings on practicing the art of mindful living begun in the best-selling *Being Peace* by giving specific, practical instructions on extending our meditation practice into our daily lives. Nhat Hanh reminds us to focus on what is refreshing and healing within and all around us, and how, paired with the practice of mindful breathing, it can be used as the basis for examining the roots of war and violence, alcoholism and drug abuse, and social alienation. Included are classic Thich Nhat Hanh practices and teachings such as the conflict resolution tool of the Peace Treaty; his thoughts on a “diet for a mindful society” based on his interpretation of the 5 Mindfulness Trainings; and his early writings

on the environment. With *Touching Peace*, Nhat Hanh shares his vision for rebuilding society through strengthening our families and communities, and realizing the ultimate dimension of reality in each act of our daily lives.

The Art of Transforming Suffering

Practical Responses to Life's Burning Questions

Answers from the Heart

Plum Village: An Artist's Journey

Journals 1962-1966

Peace Is Every Breath

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.

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 selection from Thich Nhat Hanh's bestselling *The Art of Power* illuminates the core Buddhist concept of mindfulness for the Western reader. In *The Art of Mindfulness*, one of the most revered Buddhist teachers in the world,

Thich Nhat Hanh delivers a life changing practice to overcome our overdriven mind, to let go of preoccupations and multitasking and focus solely on the task at hand. By devoting 100% of our attention 100% of the time on what we are doing in the moment, we can alleviate suffering, fear, and anxiety. With the energy of mindfulness and the capacity of looking deeply, we can find the insights to transform and heal any situation.

Thich Nhat Hanh is the subject of the major documentary Walk With Me narrated by Benedict Cumberbatch Master the art of living from one of the world's most revered spiritual leaders. Thich Nhat Hanh, the world's most renowned Zen master, turns his mindful attention to the most important subject of all - the art of living. The bestselling author of The Miracle of Mindfulness 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. He reveals an art of living in mindfulness that helps us answer life's deepest questions, experience the happiness and freedom we desire and face ageing and dying with curiosity and joy instead of fear. Stimulating and inspiring, this book teaches us the importance of looking inside ourselves and developing compassion, before we can turn to our relationships at home and in the wider world. Full of remarkable stories from Thich Nhat Hanh's own experiences and mindful practices for engaging with life, this will be a book that will help us generate happiness, understanding and love so we can live deeply in each moment of our life, right where we are.

Essential Wisdom for Getting Through the Storm

The Art of Communicating

The Way Out is in

How to Sit

How to See

Zen master Thich Nhat Hanh, bestselling author of Peace is Every Step and one of the most respected and celebrated religious leaders in the world, delivers a powerful path to happiness through mastering life's most important skill. How do we say what we mean in a way that the other person can really hear? How can we listen with compassion and understanding? Communication fuels the ties that bind, whether in relationships, business, or everyday interactions. Most of us, however, have never been taught the fundamental skills of communication—or how to best represent our true selves. Effective communication is as important to our well-being and happiness as the food we put into our bodies. It can be either healthy (and nourishing) or toxic (and destructive). In this precise and practical guide, Zen master and Buddhist monk Thich Nhat Hanh reveals how to listen mindfully and express your fullest and most authentic self. With examples from his work with couples, families, and international conflicts, The Art of Communicating helps us move beyond the perils and frustrations of misrepresentation and misunderstanding to learn the listening and speaking skills that will forever change how we experience

and impact the world.

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.

Buy now to get the main key ideas from Thich Nhat Hanh's *The Art of Communicating*. In *The Art of Communicating* (2013), Thich Nhat Hanh explores the long path towards mastering self-communication, building a strong community, and confronting deeply engraved wounds. He highlights the importance of mindful awareness and details the fundamentals of a healthy, successful communication that builds personalities as well as societies. *The Art of Communicating* introduces the reader to the vast world of mindfulness, suffering, loneliness, self-awareness, and anger. It concludes by stressing the need to connect with the inner child that lies beneath each individual's personality, overcoming the obstacles of wounds and suffering.

The Art of Building a Harmonious Community

Wisdom for Cooling the Flames

Dharma Art by Rashani Réa with the Wisdom of Thich Nhat Hanh

No Mud, No Lotus

Fear

You Are Here

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.

"[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."

The Art of LivingRider & Company

Discover the life-changing spiritual world of Thich Nhat Hanh ' s Plum Village in this poetic and inspired graphic memoir. This one-of-a-kind graphic novel is at once a touching memoir, a reflection on the beauty of life in all its most surprising and awe-inspiring aspects, and a tribute to Plum Village, the meditation center founded by world-famous spiritual master Thich Nhat Hanh in the South of France. Through his inspired storytelling and graceful paintings, author Phap Ban tells the story of his journey in pursuit of happiness and self-acceptance, from successful Disney artist and writer to monk at the Plum Village international community of spiritual seekers and peace activists.

Visually striking and deeply poetic, each page of Plum Village: An Artist's Journey is a beautiful guide to the teachings of Thich Nhat Hanh and a testimony to his profound spiritual legacy as seen through the eyes of a devoted disciple.

The Art of Power

Thich Nhat Hanh: Essential Writings

Happiness in Four Pebbles

Stories and Essential Teachings from a Monk's Life

This Moment Is Full of Wonders

A HarperOne Select

Zen Master Thich Nhat Hanh is a prolific author, poet, teacher, scholar and peace activist. Yet he is also a master calligrapher, distilling ancient Buddhist teachings into simple phrases that resonate with our modern times, capturing and expressing his lifetime of meditative insight, peace and compassion. This book offers a rare opportunity to spend time in the presence of his beautiful creations. For Thich Nhat Hanh, creating calligraphy is more than creating art - it is also a meditative practice. He is fully present for every moment, from drinking his tea, to sitting down and taking a brush, and using the tea to make the ink. Each calligraphy is made of mindful sitting, breathing, walking, smiling - and love.

How to Love is part of a charming series of books from Zen Master, Thich Nhat Hanh, exploring the essential foundations of mindful meditation and practise. How to Love shows that when we feel closer to our loved ones, we are also more connected to the world as a whole. Nhat Hanh brings his signature clarity, compassion and humour to the thorny question of how to love and distils 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; and deep listening and loving speech are key ways of showing our love.

We all share the experience of carrying with us the one question that has always seemingly stood in the way of the next step in our personal development, the development of our spiritual practice, or our understanding of ourselves. Answers from the Heartcollects 50 of these most important and heartfelt questions posed to Thich Nhat Hanh by participants in his retreats and from his students, and offers his personal, heartfelt, and often surprising answers. These exchanges offer an

accessible way into Buddhist teachings and often mix practical immediately applicable suggestions with ideas for further study and contemplation. The conversations also provide a lively glimpse into the connection between students and their teacher. Answers from the Heart's six thematic sections -- Daily Life, Living and Dying, Engaged Buddhism, Mindfulness Practice, Family and Relationships, and Children's Questions, make the book easily accessible for those new to Buddhism as well as for more experienced practitioners. Thich Nhat Hanh's answers condense Buddhist wisdom of 2500 years into individual answers that shine with diamond-like clarity and summarize Thich Nhat Hanh's own insight based on his lifetime of practice.

"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

Peace and Freedom in the Here and Now

Fragrant Palm Leaves

Summary of Thich Nhat Hanh's *The Art of Communicating*

The Art of Mindfulness

The Pocket Thich Nhat Hanh

Zen and the Art of Saving the Planet

World famous Zen master Thich Nhat Hanh has inspired millions of readers in the practice of mindful living. Never before, however, have his calligraphy artworks, equally renowned, been available in book form. This *Moment Is Full of Wonders* collects more than 60 full-color artworks by the beloved figure in a richly textured hardcover package. As beautiful as they are inspirational, the ink-rendered phrases offer eloquent distillations of Buddhist wisdom, such as "Peace is every step," "Be free where you are," and "Smile to the cloud in your tea"—seemingly simple sayings that resonate with meaning. Interspersed throughout the book are iconic passages from his best-known teachings, printed on semi-transparent overlays that faintly obscure, then illuminate, the artworks beneath. At once a tool for personal growth and a visual treasure, *This Moment Is Full of Wonders* will delight spiritual seekers of all backgrounds.

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. Buy now to get the main key ideas from Thich Nhat Hanh's *The Art of Living: Peace and Freedom in the Here and Now* (2017) is a self-help book that teaches the importance of practicing mindfulness so we can live deeply in the present moment and experience the happiness and freedom we desire. Vietnamese Zen Master and Buddhist monk Thich Nhat Hanh explains that there are three fundamental practices to help liberate us from fear and despair, and they are the concentrations on emptiness, signlessness, and aimlessness. In Buddhism, these are known as the Three Doors of Liberation. By applying these concentrations in our daily lives, we can enjoy the present moment more deeply and recognize the limitlessness of our existence.

A Handful of Quiet presents one of the best known and most innovative meditation practices developed by Thich Nhat Hanh as part of the Plum Village community's practice with children. Pebble meditation is a playful and fun activity that parents and educators can do with their children to introduce them to meditation. It is designed to involve children in a hands-on and creative way that touches on their interconnection with nature. Practicing pebble meditation can help relieve stress, increase concentration, nourish gratitude, and can help children deal with difficult emotions. *A Handful of Quiet* is a concrete activity that parents and educators can introduce to children in school settings, in their local communities or at home, in a way that is meaningful and inviting. Any adult wishing to plant seeds of peace, relaxation, and awareness in children will find this unique meditation guide helpful. Children can also enjoy doing pebble meditation on their own. Beautiful color illustrations by Wietske Vriezen, illustrator of *Planting Seeds* (ISBN-13: 978-1-935209-80-5) and *Mindful Movements* (978-1-888375-79-4).

Calligraphic Meditation

A Handful of Quiet

Easyread Edition

How to Love

Thich Nhat Hanh

Discovering the Magic of the Present Moment

NATIONAL BESTSELLER “When you wake up and you see that the Earth is not just the environment, the Earth is us, you touch the nature of interbeing. And at that moment you can have real communication with the Earth... We have to wake up together. And if we wake up together, then we have a chance. Our way of living our life and planning our future has led us into this situation. And now we need to look deeply to find a way out, not only as individuals, but as a collective, a species.” -- Thich Nhat Hanh We face a potent intersection of crises: ecological destruction, rising inequality, racial injustice, and the lasting impacts of a devastating pandemic. The situation is beyond urgent. To face these challenges, we need to find ways to strengthen our clarity, compassion, and courage to act. Beloved Zen Master Thich Nhat Hanh is blazingly clear: there’s one thing we all have the power to change, which can make all the difference, and that is our mind. Our way of looking, seeing, and thinking determines every choice we make, the everyday actions we take or avoid, how we relate to those we love or oppose, and how we react in a crisis. Mindfulness and the radical insights of Zen meditation can give us the strength and clarity we need to help create a regenerative world in which all life is respected. Filled with Thich Nhat Hanh’s inspiring meditations, Zen stories and experiences from his own activism, as well as commentary from Sister True Dedication, one of his students Zen and the Art of Saving the Planet shows us a new way of seeing and living that can bring healing and harmony to ourselves, our relationships, and the Earth.

“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.

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.

How to Fight

Practicing the Art of Mindful Living

At Home in the World

Touching Peace

Joyfully Together

A Practice for Our Busy Lives