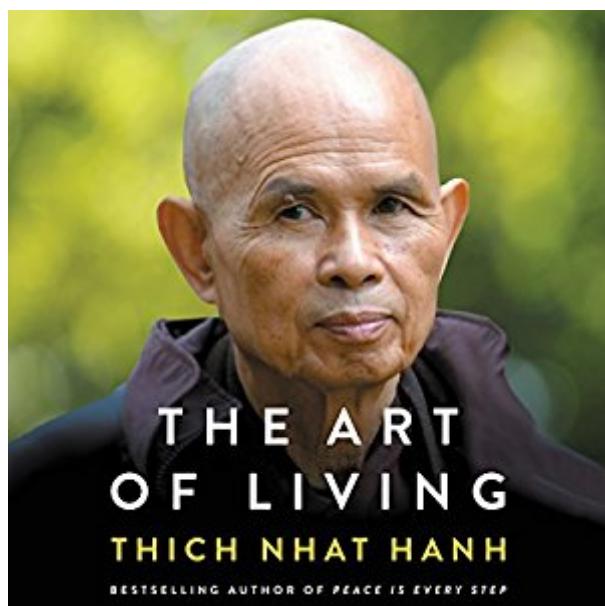


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The Art Of Living: Peace And Freedom In The Here And Now



Synopsis

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 happy, peaceful, and active lives 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 lives, right where we are.

Book Information

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Customer Reviews

Probably not much needs to be said here.....and I could say enough words to explain Thich Nhat Hanh's work. This will speak to all ages, walks of life and inclinations. Great book.

I strongly recommend this book to anyone who is seeking to live simply and in touch with himself and the world.

thanks for speedy delivery.

Deeply thought and unique point of view of the world and our place in it and in the continuum of life. If you want to move to a quiet and contemplative place, this book provides a path to get there.

Quite possibly the most coherent and well-written expression of Thich Nhat Hanh's teachings in the years up to his stroke. Beautifully done. I read it straight through in less than three hours this evening and am thoroughly dazzled by the joy and happiness it awakens within. A truly masterful guided meditation on birth and death.

I've read nearly every book written by Thich Nhat Hanh and have attended many talks and retreats. This book is his best yet and sums up decades of teaching and profound wisdom in the beautiful, simple and eloquent style that Thich Nhat Hanh has perfected and that makes him one of the great spiritual teachers and leaders of all time. Read it and you'll see what I mean..

I bought a couple copies of this book to loan out to my friends and family to read. While many of Thay's books share the same fundamental practices and teachings, this one included, I felt this one was a good refresher and covered many relevant areas for people of all backgrounds. Thay's writing is beautiful, poetic, and easy to read as always. Highly recommend for those seeking to better understand how mindfulness can change your life.

mostly positive and clearly written as only thich That Hath can do. However, the use of God in the text is baffling. If raised in the West the word God has very specific meanings, and usually those who have found Buddhism have left Abrahamic religion behind. Therefore the use of the concept of God is confusing. I felt good about the book until the section talking about God.

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