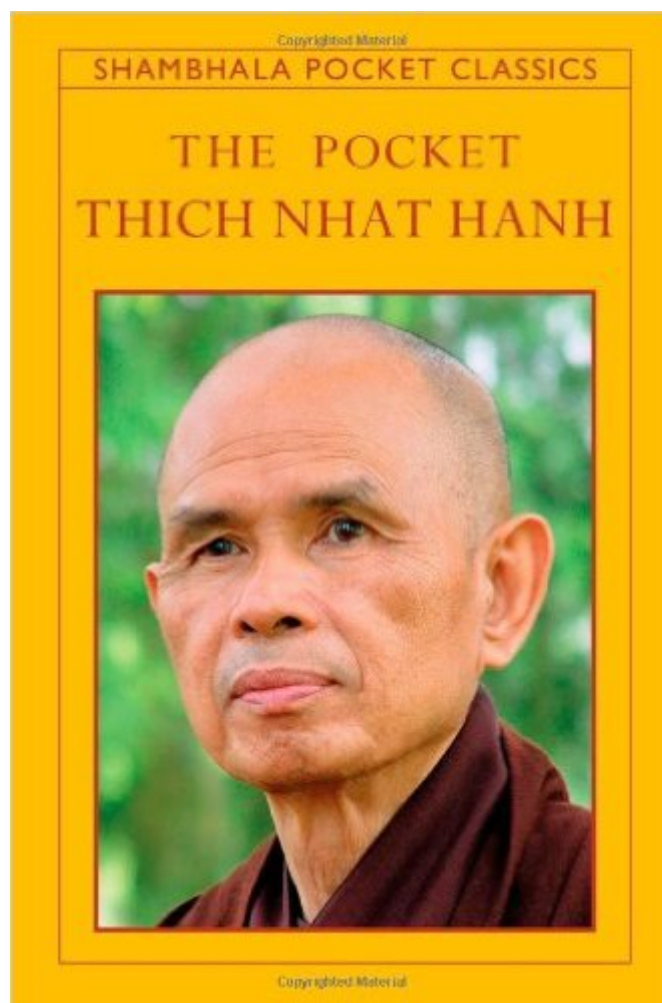


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The Pocket Thich Nhat Hanh (Shambhala Pocket Classics)



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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Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (87 customer reviews)

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Customer Reviews

Perhaps I'm biased, but to me anything written by Thich Nhat Hanh is worth it's weight in gold! So simple, yet so profound! He makes you think in slow motion, and by doing so, you come away feeling touched by Divinity. This is one person with whom I would love to meet and talk to for days. Having gotten a Kindle for Christmas, I started on the trek of searching for books, and ran across this one. I had the suspicion that I might already have it in paper, so went searching through my bookcases.....I literally have a mountain of books by this man! So between what I have on my

Kindle, and what I have in paper (which I will be re-reading) I'll always have Thich Nhat Hanh with me for some inspired reading. Wonderful, soul-easing, inspiring writing!!! Highly recommend it!!

The ideas for maintaining mindfulness and staying in the moment are helpful, and relatable. But, as with everything I have read so far on the subject, it does not fully address the issues of anger and difficult emotions in a way that would help a person get through a physically and/or emotionally painful situation or experience. It floats above the surface, hovering on a merely theoretical plane. Unfortunately, I (and most people, I think) have to live life on earth, in a physical body, that suffers mightily and can't find a way to bridge the gap between the painful realities of our existence and the wishes that we could be able to "just be" in those moments.

Whatever else I do, I am committed to being happier in 2013. I keep a copy on my desk at work and have purchased another for home. just open it anywhere when I have a free moment, and instantly feel better. This book could be good for anyone, but especially for Buddhists. It is very tiny and still readable -- and cute as all get out in visual appeal.

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.

Thich Nhat Hanh is the most amazing person alive. Just reading him is peaceful. This little book can be taken anywhere and is full of wonderful teachings from this Zen Master. He speaks to everyone, whether religious or not.

First sent this as a gift then the recipient said " you need to have one for yourself " so I bought a copy and it sets right at my desk now at all times . This is a tiny book in physical size but it is a huge book in wisdom size . Thich Nhat Hanh has a beautiful way of teaching and being in this world , there is something for every one and every situation in this little gem of a Book . I love this man and am grateful he has shared so much with us all .

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.

Here is a wonderful collection of wisdom from Thich Nhat Hanh. Culled from his many books and from dharma talks this is a wonderful compilation! Great to carry along to read while waiting for appointments or to use for a bit of wisdom to start or end your day!

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