



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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