



# Being Peace

By Thich Nhat Hanh

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## Being Peace By Thich Nhat Hanh

A bestseller with over 250,000 copies sold, *Being Peace* is the seminal founding work by Zen Master and Nobel Peace Prize nominee Thich Nhat Hanh. With a new introduction by Jack Kornfield and the first update since its release over fifteen years ago, this eloquent meditation on "being peace in order to make peace" is more relevant than ever. A book for everyone concerned about the state of the world and the quality of our lives, it has lost none of its timeliness since it was first published in 1987. It is filled with practical suggestions how to create a more peaceful world "right in the moment we are alive." Contains Thich Nhat Hanh's key practices, including a guide to the practice of reconciliation which has become a peacemaking tool in many other religious traditions.

This beautiful, newly revised edition is the perfect starting point for those who are getting their first introduction to Buddhism as well as a must-have for those already engaged in the tradition.

With illustrations by Mayumi Oda.

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## Being Peace By Thich Nhat Hanh Bibliography

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### Editorial Review

From Library Journal

This collection of teachings by noted Vietnamese Buddhist monk and peace activist Thich Nhat Hanh will be eagerly read by those concerned about world peace. Rev. Thich claims that world peace starts with the individual's acquiring inner peace. He challenges the reader in warm and anecdotal dialogues: "Have we wasted our hours and days? Are we wasting our lives? . . . Practicing Buddhism is to be alive to each moment." Meditation, says the author, is not an escape from the difficult present but an active form of service to society, directing us to understanding and compassion toward all suffering humanity. The author terms this "engaged Buddhism." Free of jargon and eminently practical, this wise and joyous book celebrates the spirituality inherent in daily life. For academic and public libraries. Alphonse Vinh, Yale Univ. Lib. Copyright 1987 Reed Business Information, Inc.

Review

"This book is a treasure. If you look deeply you will see in it the seeds of all Thich Nhat Hanh's most important teachings, and the seeds of your awakenings as well."

—Jack Kornfield

"...a jewel of love and wisdom."

—*Small Press*

REVIEWS OF ORIGINAL EDITION:

"Free of jargon and eminently practical, this wise and joyous book celebrates the spirituality inherent in daily life."

—*Library Journal*

"...a glass of water in the desert for those interested in both Buddhism and the world."

—*San Francisco Chronicle*

"Being Peace is distilled wisdom, the language simple and clear. This book is for everyone."

—*Fellowship* magazine

"[Thich Nhat Hanh] has pared down the voluminous teachings of Buddhism to their innermost core."

—Stephen Batchelor, in *Resurgence*

About the Author

Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books include *Happiness* and *Peace Is Every Step*. He lives in Plum Village in southwest France, where he teaches the art of mindful living.

Jack Kornfield was trained as a Buddhist monk in Thailand, Burma, and India and has taught around the world since 1974. He also holds a Ph.D. in clinical psychology. He is a co-founder of the Insight Meditation Society and of the Spirit Rock Center and has written several books.

Mayumi Oda (Illustrator) was born in Tokyo, Japan, in 1941. Her paintings are exhibited internationally, and her recent work as an activist includes coordination of the World Court Project, an effort to make nuclear

weapons illegal, and helping to establish a women s refuge center in Phnom Penh, Cambodia. Mayumi currently lives, farms, and swims in Kealakekua, Hawaii.

Arnold Kotler (Editor of First Edition) was an ordained student at the San Francisco and Tassajara Zen Centers from 1969 to 1984. He was the founding editor of Parallax Press and now resides in Hawaii.

## **Users Review**

### **From reader reviews:**

#### **Marina Rutt:**

Reading a reserve tends to be new life style with this era globalization. With reading you can get a lot of information that can give you benefit in your life. With book everyone in this world can easily share their idea. Textbooks can also inspire a lot of people. Many author can inspire their reader with their story or even their experience. Not only the story that share in the ebooks. But also they write about the data about something that you need instance. How to get the good score toefl, or how to teach your children, there are many kinds of book that exist now. The authors on this planet always try to improve their expertise in writing, they also doing some study before they write to the book. One of them is this Being Peace.

#### **Thomas Carroll:**

In this age globalization it is important to someone to find information. The information will make a professional understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You will observe that now, a lot of publisher that print many kinds of book. Typically the book that recommended to your account is Being Peace this reserve consist a lot of the information in the condition of this world now. This kind of book was represented how can the world has grown up. The terminology styles that writer require to explain it is easy to understand. The actual writer made some research when he makes this book. This is why this book acceptable all of you.

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