



Wisdom Of Thich Nhat Hanh

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Wisdom Of Thich Nhat Hanh Details

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Author : Thich Nhat Hanh

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From Reader Review Wisdom Of Thich Nhat Hanh for online ebook

Joan says

As the summer matures, I've gotten back into meditating - 15 minutes in the morning, first thing. Thich Nhat Hanh's gentle directions for mindfulness help set the stage. Discovered it at the swap shop at the Stockbridge dump! OK, now it's December and I haven't meditated in...5 months. I haven't finished his work but it feels good knowing it's on the shelf when I need it.

Andra Rubcic says

Smiled all the way through this book. A must read before bed.
Uplifting meditation techniques and stories to soothe the weary peaceful warrior.
Picked this up at a used book store. A gem of a find!!

Thjodbjorn says

Another great book (this time a collection) marred by what I consider to be a cheesy title. More than your average Zen author, TNH gets his books named cheesily.

Fusun Dulger charles says

Should be on the shelf of all seekers of Enlightenment. Thich Nhat Hanh is a gentle Teacher with deep roots.

Carol says

Rereading this book I bought in early 2000. Simple book about being mindful of the simple things we do, to wash dishes just to wash dishes.

Audra (Unabridged Chick) says

It's a shame this edition isn't more widely available; it contains four wonderful books: The Miracle of Mindfulness; Being Peace; The Sun My Heart; and Touching Peace. The illustrations are simply and lovely, and this small but hefty volume is perfect for carrying around and dipping into when needed. A purchase I made on a whim, but am now very grateful for!

Jimmi says

Loving this book...he is an awesome author

Dawn Garrow says

I re-read this special volume I found years ago, when I'm feeling so out of touch with myself and the world around me. Thich Nhat Hanh has wisdom for the ages. A true spiritual, mindful guide.
