

Fear: Essential Wisdom for Getting Through the Storm

By Thich Nhat Hanh

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“Written in words so intimate, calm, kind, and immediate, this extraordinary book feels like a message from our very own heart....Thich Nhat Hanh is one of the most important voices of our time, and we have never needed to listen to him more than now.”

—Sogyal Rinpoche

Fear is destructive, a pervasive problem we all face. Vietnamese Buddhist Zen Master, poet, scholar, peace activist, and one of the foremost spiritual leaders in the world—a gifted teacher who was once nominated for the Nobel Peace Prize by Martin Luther King Jr.—Thich Nhat Hanh has written a powerful and practical strategic guide to overcoming our debilitating uncertainties and personal terrors. *The New York Times* said Hanh, “ranks second only to the Dalai Lama” as the Buddhist leader with the most influence in the West. In *Fear: Essential Wisdom for Getting through the Storm*, Hanh explores the origins of our fears, illuminating a path to finding peace and freedom from anxiety and offering powerful tools to help us eradicate it from our lives

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Editorial Review

Review

“Thich Nhat Hanh shows us that by looking deeply and embracing our whole experience with acceptance, love and understanding, we can go beyond fear and anxiety to find fearlessness and inner peace.” (Sogyal Rinpoche)

From the Back Cover

Fear has countless faces: from the fear of failure to worries about everyday life, from financial or environmental uncertainties to the universal despair we all experience when faced by the loss of a friend or loved one. Even when surrounded by all the conditions for happiness, life can feel incomplete when fear keeps us focused on the past and worried about the future. While we all experience fear, it is possible to learn how to avoid having our lives shaped and driven by it. In these pages, Thich Nhat Hanh offers us a timeless path for living fearlessly.

About the Author

Thich Nhat Hanh is a Vietnamese Buddhist Zen master, poet, scholar, and peace activist who was nominated for the Nobel Peace Prize by Dr. Martin Luther King, Jr. He is the author of many books, including the classics *Peace Is Every Step* and *The Art of Power*. Hanh lives in Plum Village, his meditation center in France, and has led retreats worldwide on the art of mindful living.

Users Review

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Nancy Dabney:

Playing with family inside a park, coming to see the water world or hanging out with friends is thing that usually you could have done when you have spare time, subsequently why you don't try matter that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Fear: Essential Wisdom for Getting Through the Storm, you could enjoy both. It is great combination right, you still would like to miss it? What kind of hang type is it? Oh can occur its mind hangout men. What? Still don't obtain it, oh come on its known as reading friends.

Nancy Sena:

This Fear: Essential Wisdom for Getting Through the Storm is great book for you because the content which can be full of information for you who else always deal with world and possess to make decision every minute. This particular book reveal it information accurately using great plan word or we can declare no rambling sentences included. So if you are read it hurriedly you can have whole details in it. Doesn't mean it only provides you with straight forward sentences but tough core information with splendid delivering

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