



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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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 Kealahou, 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:

William Grimm:

The feeling that you get from Being Peace is a more deep you searching the information that hide inside the words the more you get serious about reading it. It doesn't mean that this book is hard to understand but Being Peace giving you enjoyment feeling of reading. The author conveys their point in particular way that can be understood by simply anyone who read the item because the author of this publication is well-known enough. That book also makes your vocabulary increase well. It is therefore easy to understand then can go to you, both in printed or e-book style are available. We recommend you for having this kind of Being Peace instantly.

Brandon Jenkins:

This Being Peace is great book for you because the content and that is full of information for you who always deal with world and get to make decision every minute. This kind of book reveal it data accurately using great plan word or we can point out no rambling sentences included. So if you are read the idea hurriedly you can have whole info in it. Doesn't mean it only provides straight forward sentences but challenging core information with splendid delivering sentences. Having Being Peace in your hand like obtaining the world in your arm, info in it is not ridiculous 1. We can say that no e-book that offer you world inside ten or fifteen small right but this guide already do that. So , this can be good reading book. Hello Mr. and Mrs. stressful do you still doubt that?

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