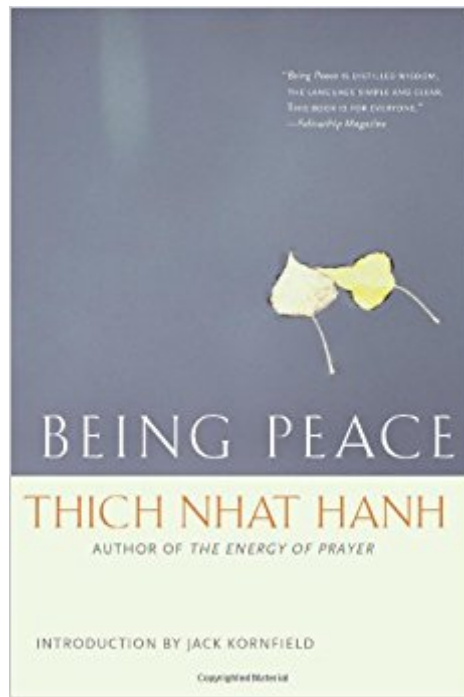


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# Being Peace



## Synopsis

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.

## Book Information

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## Customer Reviews

A collection of essays, based in some part (perhaps completely) on speeches made in the United States, Thich Nhat Hahn's *\*Being Peace\** serves as a guide to meditation; a glimpse into how Buddhism can help attain world peace; a collection of poems and allegories on Buddhism that are easily understood by Westerners, yet not overly-simplified; and a portrait of a man whose sense of calm is so powerful it has the inevitable effect of bringing peace to the reader. *\*Being Peace\** is neither a practical guide to meditation - with precise explanations on how to sit, koans to recite

during sitting, etc. - nor a theoretical justification of Buddhism, a la Alan Watts; instead, it is a book that gives real-life, meaningful reasons to meditate: both to bring peace to yourself, and to the world (which are, in fact, one and the same). The concepts are not new - in fact they are thousands of years old. What is new is the sense of attainability that \*Being Peace\* brings to the art of meditation, particularly for those of us who live in not-so-meditative environments. The volume is slim and easily read in one sitting, but it might serve you better to take time with each concept.

This is a book to live by. T.N.Hanh expresses his ideas simply and directly. Even as a buddhist of some experience and knowledge in buddhism philosophy, I found this book refreshing and a joy to read. Sometimes, I find myself reading a few lines, and sighed, and then read the same lines again. Other times, I read and nod in agreement. This is definitely a book for both experienced Buddhism and those who are totally new to Buddhism. The Little Enlightenment that you will gain from this book, will change the way you live your life, and the way you view relationships with others. BEING PEACE, begins with you!

I will always be grateful to Thich Nhat Hanh for \_Being Peace\_. It is kept on my bedside table so that I can pick it up and read it whenever I need some perspective. The beautiful simplicity of his writing makes the author's message so strong. There are many wonderful books on Buddhist thought that provide more detail, but I find this one the best at reminding me that happiness is not a matter of luck, but a matter of practice.

This book is indeed a legend in the Buddhist community. This was the 3rd book I read of Thich Nhat Hanh and I was very moved. The book is wonderful, you learn how to breathe away anger and develop mindfulness. You learn how kindness changes your heart and your mind at the same time. I recommend this book to anyone and I suggest reading it many times. You WILL be transformed from this book.

Let me start by saying I have deep respect for Thich Nhat Hanh and don't begrudge him the profits from any of his vast number of books. That said some of his later work is pretty watered down and comes off as hippy-dippy. This book is just the opposite. Having read *Anger* and *Teachings On Love* I was really looking for something that got to the core of the man's teachings and this book does without wasting ink or time. If you're interested in mindfulness this is the volume for you.

Being Peace is a beautiful book that will open your eyes and your heart. Nhat Hanh was an important leader for the Peace movement, and through this collection of essays it is easy to see why. He takes the reader through basic concepts of mindfulness practice, and then relates practice to the way one lives in the world. His concept of InterBeing helped me to see the connectedness in the the world, in a way that applies to my own life and way of living. The book also shares very concrete suggestions for using meditation and awareness to improve life in the modern world. Mindfulness is portrayed as not just a way to relieve stress or feel better, but also to affect change in the crazy world we now live in. If we could all read this book and try to live its lessons, what an amazing world this could be!

I was looking for Buddhist writings that were down to earth and relevant to modern Western lifestyle. Being Peace and Touching Peace are just that. They are simple, approachable, and meaningful. I was instantly able to apply what I learned and my practice is better for it.

A wonderful little book, cram-packed with wisdom about how to live more happily, put in such a simple and refreshing way. Note that 'Peace is Every Step' is almost the same book, but I think is modernised a bit further, so I prefer the latter. This is a book that you can read over and over again - every reading you pick up something new.

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