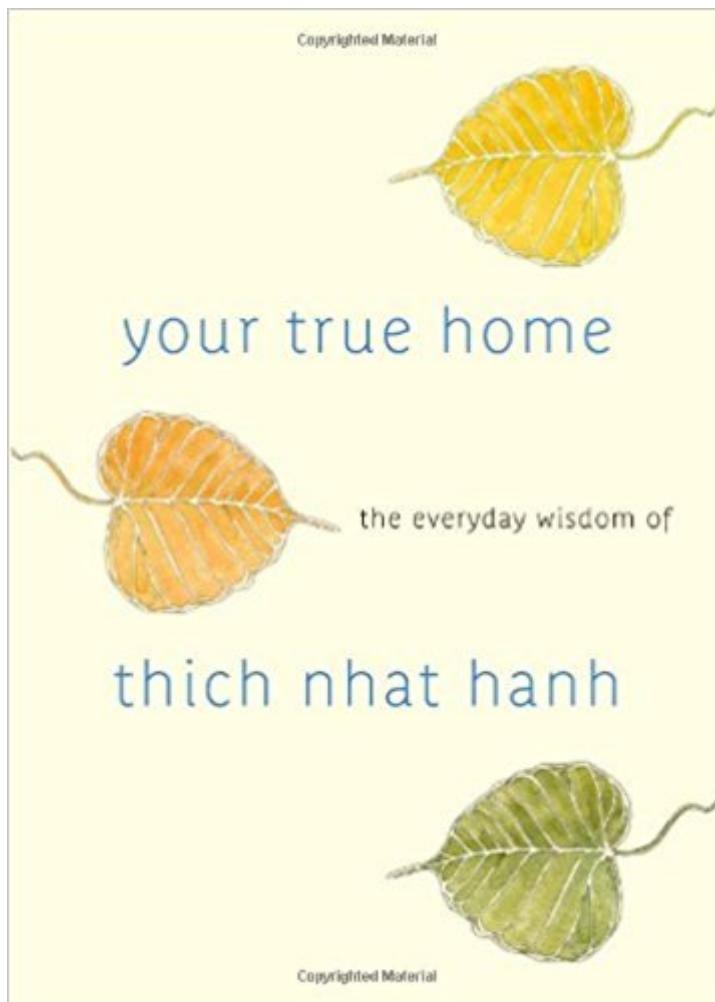


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# Your True Home: The Everyday Wisdom Of Thich Nhat Hanh: 365 Days Of Practical, Powerful Teachings From The Beloved Zen Teacher





## Synopsis

Bringing the energy of true presence into our lives really does change things for the better. And all it takes is a little training. This treasury of 365 gems of daily wisdom from one of the most beloved Buddhist teachers of our age is a help and support for anyone who wants to train to meet every moment of life with 100 percent attention. Thich Nhat Hanh shows how practicing mindfulness can transform every area of our lives—and how its benefits radiate beyond us to affect others and the whole, larger world.

## Book Information

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## Customer Reviews

Thich Nhat Hanh shows us the connection between personal inner peace and peace on earth. His Holiness the Dalai Lama writes with the voice of the Buddha. Sogyal Rinpoche, author of *The Tibetan Book of Living and Dying* 365 pithy teachings. . . . In the editor's preface, Melvin McLeod suggests reading them slowly, maybe one or two a day, in order to savor and digest them more fully. This is excellent advice, but whenever I sit down with the book, I find myself reading just one more, and just one more again. Shambhala Sun What I most appreciate in this little book is how each passage cuts directly through to the heart of the matter. The selections are simple, profound, and meaningfully applicable to everyday life in today's world. New Spirit Journal Melvin McLeod has done a wonderful job of compiling one year's worth of Hanh's teachings. Each reading

is short: none is more than a half page in length and most are shorter. Yet each contains a potent seed capable of transforming a day or even a lifetime if allowed to take hold and grow. If the world could practice what Hanh preaches, I believe the major problems facing our world today could be resolved.Ã¢â€¢•San Francisco Book Review

A Vietnamese Zen Buddhist monk, Thich Nhat Hanh is an internationally known author, poet, scholar, and peace activist, and was nominated for the Nobel Peace Prize by Martin Luther King Jr. He is the author of numerous books, including the best-selling Living Buddha, Living Christ; Anger: Wisdom for Cooling the Flames; Peace Is Every Step; and The Miracle of Mindfulness. He has founded monastic communities in France, Vermont, and California and teaches actively around the world.

Thich Nhat Hanh has become my favorite, beloved Buddhist writer, up there with Pema Chodron. The beauty of Your True Home is the simple, concise, daily meditations that are thought-provoking, loving, compassionate and true. As a former Christian, I am embracing the Buddhist philosophy of acceptance of ourselves and love for everyone in the world. I adore this book!

I read one entry every morning, and it is invaluable in framing my perspective for the day. Some entries are stronger than others, but overall the book is a welcome addition to my daily routine. Thich Nhat Hanh is someone we can all learn from.

I bought this book as a gift (the receiver loves it) and then received it as a gift myself and I love it as well. Every day there is a short meditation, that is easy to read and understand. I think Thich Nhat Hanh has this amazing ability to help non-Buddhists begin to understand the Buddhist way of living and how to incorporate this wisdom into their own lives.

This book is a simple read of a page a day designed to make you aware & think. I'm often reminded throughout the day of the lesson read. Highly recommend

One mindful thought per day (or however you choose to read it). One of my favorite authors, philosophers, thinkers.

Like the other of Hanh's books, he emphasizes the importance to embrace ourselves as the main remedy. This book is good for one who is trying to find a meaningful life as what Hanh's motto: "be mindful." This book helps me to know myself better and as the result, I can handle all kinds of emotion much better than before. When I feel truly sad and alone, I will sit alone and recognize its sad feeling as the part of me, and reassure myself that everything is going to be OK. The true positive impact of this book is I am able to heal myself without the necessary of going out to seek help. What I need is time to be alone, and be mindful about my own selves.

Such centered reflections! Worth every cent. Also, a great gift for others working on themselves.

I love Thich Nhat Hanh simple wisdom. Read in the morning and contemplate the wisdom and truth in the short daily spiritual writings. My Yoga teacher uses this as her daily inspirational teacher.

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