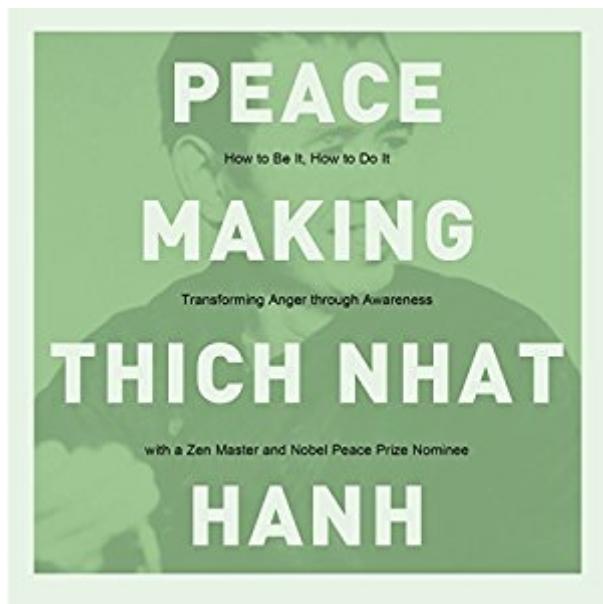


The book was found

# Peacemaking: How To Be It, How To Do It - A Buddhist Priest Looks At Anger And Its Control As The Key To Being One With Our World



## **Synopsis**

"He shows us the connection between personal inner peace and peace on earth." (His Holiness the Dalai Lama) Known and loved worldwide for his teachings on mindfulness and compassion, Thich Nhat Hanh was once nominated for the Nobel Peace Prize by Martin Luther King, Jr. In *Peacemaking*, this beloved Zen master returns to the theme that first brought him to the world's attention: peace and how to embody it. Looking deeply into the roots of anger, Thich Nhat Hanh emerges with real solutions to the violence we commit against ourselves and each other. He uses the philosophy of nondualism to show that we are not separate but one with our feelings and the world, and he teaches that the awareness of anger, not its suppression, is key to its control. From the keys to transforming anger through meditation to putting kindness into action to heal the wounds between nations, *Peacemaking* is Thich Nhat Hanh's personal testament to the spiritual and practical power of nonviolence. Topics include: interbeing; the effects of awareness; liberation through insight; cultivating nonviolence toward self; understanding your enemies; what the Vietnam War taught us; mindfulness and ecology; restoring yourself; kindness in action; ideal solitude; teaching children peacemaking; and more.

## **Book Information**

Audible Audio Edition

Listening Length: 1 hour and 49 minutes

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## **Customer Reviews**

Love TNH and all that he does and represents. However, this is a 2 cd set which I was hoping had more of his teachings than the interview. The second cd is an entire cd of an interview, while it definitely contains teachable moments, it was a little less than I expected. Overall, loved the first CD while the second was just okay.

As usual, Thich Nhat Hanh is masterful in his communication of Buddhist thought without over preaching Buddhism. I am a Christian and everytime i read Thich Nhat Hanh, or Tha^y, i feel more connected to my values. I tried listening to this cd in the car; don't do that, you will relax too much. Tha^y has a very calming voice once you get into the rhythm of his speech. I would recommend this cd to anyone; no matter what religion, no matter how angry, he will help.

GREAT !!!

good book

very good

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