



## Thich Nhat Hanh: Understanding the Life and Teachings of Thich Nhat Hanh: The Zen Buddhist Monk Who Traveled the World in Exile While Spreading His Message of Love, Peace, and Understanding

By Dr Ruth Carr

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Discover The Life And Teachings Of Thich Nhat Hanh Today!! For a limited time, get this 1# Amazon bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device Thich Nhat Hanh has practiced peace in a world of violence, divisiveness, stress, and hostility since the age of just sixteen years old. In fact, it was at this age that Thich Nhat Hanh joined a Zen monastery. He studied Buddhism extensively and passionately, and was ordained by 1949. Initially inspired-and equally troubled-by war-torn Vietnam in the 1960s, Thich Nhat Hanh realized that hatred was not the answer. Love, understanding, and harmony, however, stood as the only true solution. He devoted his time and energy to searching for a resolution for both North Vietnam and South Vietnam. Today, he lives in southwest France, in exile, where he has continued to practice mindfulness and peace. He also writes, teaches, and gardens loyally, as well as lends a hand to those in search of that same peace that changed his life. As a...



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