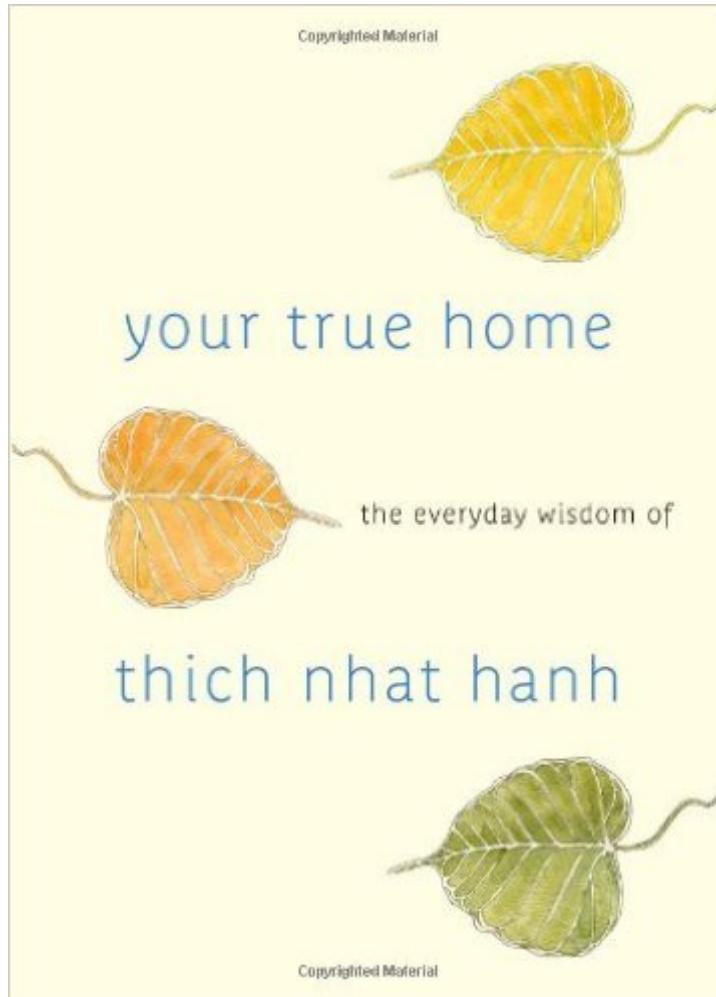


The book was found

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 betterâ "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 livesâ "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 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 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.

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.

As usual Thich Nhat Hanh has surpassed himself again in writing simple but profound thoughts which really ground an individual into understand who they are but at the same time inspires them to reach higher. Every day I dip into this book, never failing to be lifted but also learning something new.

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.

I love this book. I pick it up daily and read a page or two and what resonates, I carry with me through the day. It's like a jolt of wise advice and encouragement to practice mindfulness. A taste of advice but in small rewarding and easy bites. I have bought this as a gift for some of my closest friends as well.

my book arrived just today, but i already know that i love it and shall bring it with me on morning and evening walks and for the waiting time before lectures concerts and theater. how do i know this to be true? i have read and cherished a copy of this book for two years now - a present from my sister on my moving to my new home. my original book has not only its pages covered with penciled thoughts and dog-eared at most corners, but it has literally been torn in half (the binding subsequently protected with linen tape) so that i can slip it easily in my pocket. if you are organized and methodical and possess self-control, there is one brand-new thought for each of the year's days. if you are like me, you'll dive in at whim - opening it at random, flitting back and forth. the gentle philosophy and subsequent suggestions you will read, are repetitive - they will set up a cadence in your thought - of the little truths that are the whole of truth and the simple ways to truly experience and appreciate your meaningful joyful life.... and i wish for you, too, the well-being that i have experienced from MY copy (copies) of this book(s)....

This book was so very helpful to me. The readings are calming, thoughtful, and have given me a wonderful mindfulness approach that I hadn't realized could very much change my every day life and outlook. I truly recommend this to everyone!

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