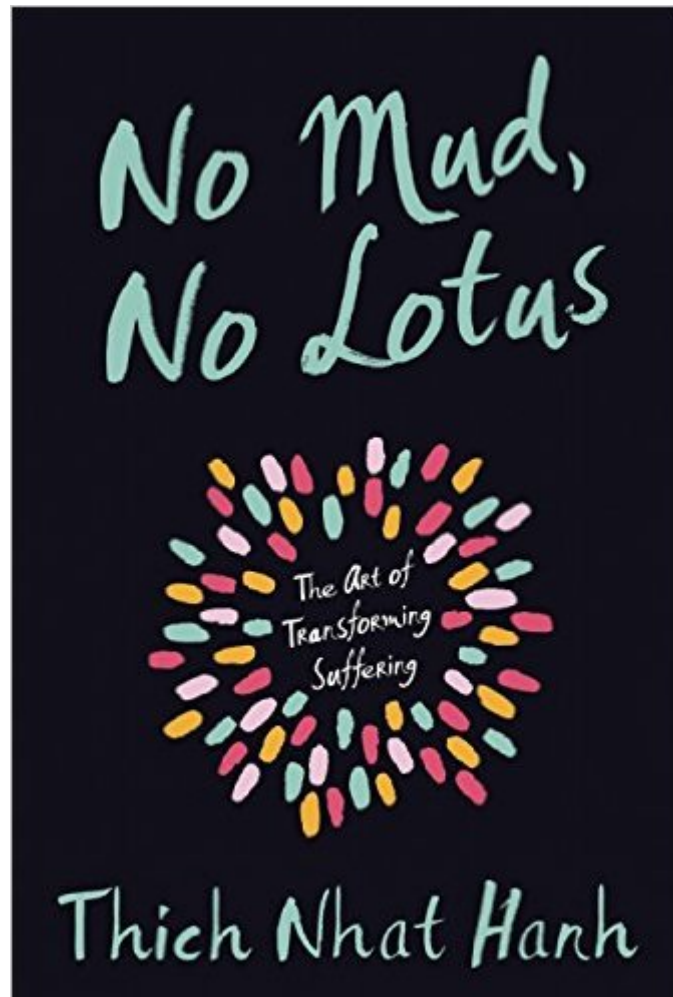


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# No Mud, No Lotus: The Art Of Transforming Suffering



## Synopsis

The secret to happiness is to acknowledge and transform suffering, not to run away from it. In *No Mud, No Lotus*, Thich Nhat Hanh offers practices and inspiration transforming suffering and finding true joy. Thich Nhat Hanh acknowledges that because suffering can feel so bad, we try to run away from it or cover it up by consuming. We find something to eat or turn on the television. But unless we're able to face our suffering, we can't be present and available to life, and happiness will continue to elude us. Nhat Hanh shares how the practices of stopping, mindful breathing, and deep concentration can generate the energy of mindfulness within our daily lives. With that energy, we can embrace pain and calm it down, instantly bringing a measure of freedom and a clearer mind. *No Mud, No Lotus* introduces ways to be in touch with suffering without being overwhelmed by it. "When we know how to suffer," Nhat Hanh says, "we suffer much, much less." With his signature clarity and sense of joy, Thich Nhat Hanh helps us recognize the wonders inside us and around us that we tend to take for granted and teaches us the art of happiness.

## Book Information

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## Customer Reviews

I have read all of TNH's books. this is the best. because it is a most practical and to-the-point book--one can use this wisdom to overcome suffering, anger, and other negative emotions. this includes everyone--even those of us, like myself, who feel "unenlightened" most of the time. it seems that--as he nears the end of his most inspiring life--TNH has no time left to expound on tangents and flowery metaphors--though i have enjoyed his previous works immensely--this book

cuts to the core--fast. there is so much wisdom condensed in a small book. I have read so so many books on overcoming life's big problems. this is the most practical guide i have ever read. Thank you TNH!!

Covers much the same material as in Thich Nhat Hanh's other works, but more organized and comprehensive. This makes it a lot easier to use, and I found it to be his best book yet.

Each chapter is short. Just the right amount for contemplation. Such a great life support. I usually read a chapter just before bed. A wonderful way to a wonderful slumber. Contemplation continues during the night and into the next day & beyond.

No Mud No Lotus is a down to earth, engaging, handbook. It does not get lost in the formality of Buddhism instead it focuses on the living tenets of mindfulness and meditation. I highly recommend it for anyone interested in how to live peacefully and joyfully in our modern world.

There are many great techniques and advice for living a full life, right this minute, in this book. Now, on the second round, I will start to practice and use the book as a reference in those practices on my way to healing my heart.

This book helped me accept suffering and painful situations as a way to bring the fruit of transformation. I recommend this book to anyone who is seeking to reconcile the darkness and the light.

No Mud, No Lotus: The Art of Transforming Suffering No Mud, No Lotus is pretty much a simple manual for transforming suffering into mindfulness and perhaps joy by ancient (but not mysterious) practices: stopping, mindful breathing, and deep concentration. The devil is in the details, and I urge readers to stop after this book. Tibetan Buddhism is very, very busy with details which are (probably) unnecessary to enjoy a peaceful, enlightened life, or at least slow down and appreciate the life you have now. Still, this particular book seems to me to strike a balance I can appreciate. I do recommend it.

Tich continues to amaze me with how simply elegant he can put into words things many of us think are complex and too difficult to discuss. Great book for anyone suffering or trying to make sense of

a difficult situation.

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