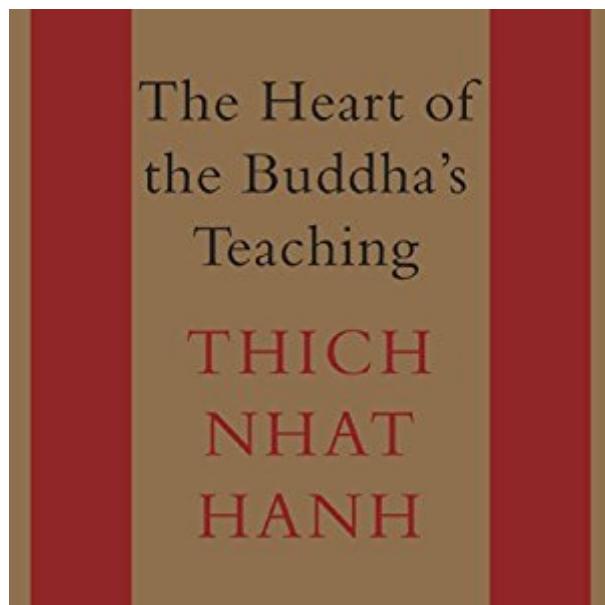


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# The Heart Of The Buddha's Teaching: Transforming Suffering Into Peace, Joy, & Liberation



## Synopsis

In *The Heart of the Buddha's Teaching*, Thich Nhat Hanh introduces us to the core teachings of Buddhism and shows us that the Buddha's teachings are accessible and applicable to our daily lives. With poetry and clarity, Nhat Hanh imparts comforting wisdom about the nature of suffering and its role in creating compassion, love, and joy - all qualities of enlightenment. Covering such significant teachings as the Four Noble Truths, the Noble Eightfold Path, the Three Doors of Liberation, the Three Dharma Seals, and the Seven Factors of Awakening, *The Heart of the Buddha's Teaching* is a radiant beacon on Buddhist thought for the initiated and uninitiated alike.

## Book Information

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## Customer Reviews

My approach to this book is different than the other reviewers. I am not a man of faith. I do not believe in the existence of God and I believe the whole issue is unimportant. More important than the existence of God (which is a question neither side can settle) is the question of how to live our lives now. I came to this book as I always come to religious writings and practices; will this help me to understand others or myself better? Will this teach me to be more loving, to live more mindfully, with more compassion? From this point of view, this is a wonderful book. Not because it answers all questions (or any questions for that matter). If anything it creates more ambiguities, it raises more challenges. That is a good thing. Many of the other reviewers seem to react to Thich Nhat Hahn based on whether or not his is the True Buddhism or just one man's opinion. Fair enough. But unless you are so fortunate as to have some sort of satori or God decides to drop in for a chat what else do you ever have but one person's opinion? It seems to me that what we all do is find

something that seems to make sense to you, a practice that carries you along your path and you practice. Thich Nhat Hahn will help most readers to do this. This is a man of extraordinary faith who is apparently equally diligent in trying to live his faith. I do not know about the other readers but this man is a wonderful and unnerving challenge to me in my ideas on how to live my life. Throughout the book the author suggests very simple practices to improve mindfulness and diligence. He calls us back to the breath always. In my experience, whether doing yoga, tai chi, chi-kung, kung fu, meditation or just plain living this is always the beginnings of real practice.

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