



The Pocket Thich Nhat Hanh (Shambhala Pocket Classics)

Thich Nhat Hanh

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This is a collection of powerful and inspiring teachings in an appealing, convenient pocket-size book from one of today's most important and beloved spiritual teachers, the Zen Buddhist monk Thich Nhat Hanh. Next to His Holiness the Dalai Lama, Thich Nhat Hanh is the best-known Buddhist teacher in the world, and his teachings have touched millions.

Thich Nhat Hanh is known for his warm, generous, and joyful teaching style that makes his wisdom remarkably accessible and resonant to readers from all backgrounds. These selected writings are drawn from Thich Nhat Hanh's many published works and provide a wonderful overview of his teachings. This reader covers the main themes that Thich Nhat Hanh has addressed as a Buddhist teacher: mindfulness in our daily lives, Buddhism and enlightenment, working with emotions and relationships, and transforming society (engaged Buddhism).

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