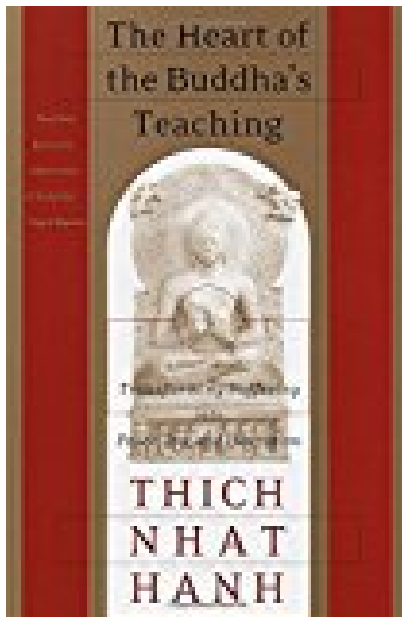


The Heart of the Buddha's Teaching Transforming Suffering into Peace Joy and Liberation



BOOK DETAILS

- Author : Thich Nhat Hanh
- Pages : 304 Pages
- Publisher : Broadway Books
- Language : English
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BOOK SYNOPSIS

“If there is a candidate for ‘Living Buddha’ on earth today, it is Thich Nhat Hanh.” – Richard Baker-roshi In *The Heart of the Buddha’s Teaching*, now with added material and new insights, 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. “Thich Nhat Hanh shows us the connection between personal, inner peace, and peace on earth.” – His Holiness the Dalai Lama “Thich Nhat Hanh is a real poet.” – Robert Lowell From the Trade Paperback edition.

THE HEART OF THE BUDDHAS TEACHING TRANSFORMING SUFFERING INTO PEACE JOY AND LIBERATION

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