



Thich Nhat Hanh: 50 Best Life Lessons, Teachings And Quotes By Thich Nhat Hanh (The Art of Communicating, How to Love)

Chris Johnston

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Thich Nhat Hanh

50 Best Life Lessons, Teachings And Quotes By Thich Nhat Hanh

If you have ever stood in awe of great teachers, then you most likely have heard of Thich Nhat Hanh. A man who is so humble in his accomplishment he doesn't even have a proper face book page! But who needs face book when you have dharma to burn! This book contains countless quotes, practices and real life stories from one of the most revered leaders of Buddhism. In this book we will explore the finer points of Hanh's timeless teachings and we will learn all that we can about living an enlightened life! This book goes over in great detail the life and teachings of Hanh, and directs us how we can follow his path through meditation, mindfulness to engage the world.

We will learn:

- How to transcend our negativity through meditation.
- How to use mindfulness to create compassion and understanding.
- How to change the world!

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