



Being Peace

By Thich Nhat Hanh

Parallax Press. Paperback. Book Condition: New. Paperback. 128 pages. Dimensions: 7.9in. x 5.3in. x 0.4in. An ideal starting-point for those interested in Buddhism, Being Peace contains Thich Nhat Hanh's teachings on peace and meditation. Using real examples from his own life, as well as poems and fables, Nhat Hanh explains his key practices for living right in the moment we are alive. These lessons are taught with fine writing and sparkling phrases that draw the reader in and make Being Peace a book that encourages multiple readings, both alone and in groups. This new edition of Nhat Hanh's seminal bestseller marks the book's first update since it was released in 1987. It includes a new introduction by noted Buddhist Jack Kornfield and beautiful illustrations by internationally recognized artist Mayumi Oda. Still as timely as when it was first published over 15 years ago, Being Peace is a revelation for anyone concerned with the state of the world and the quality of life. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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