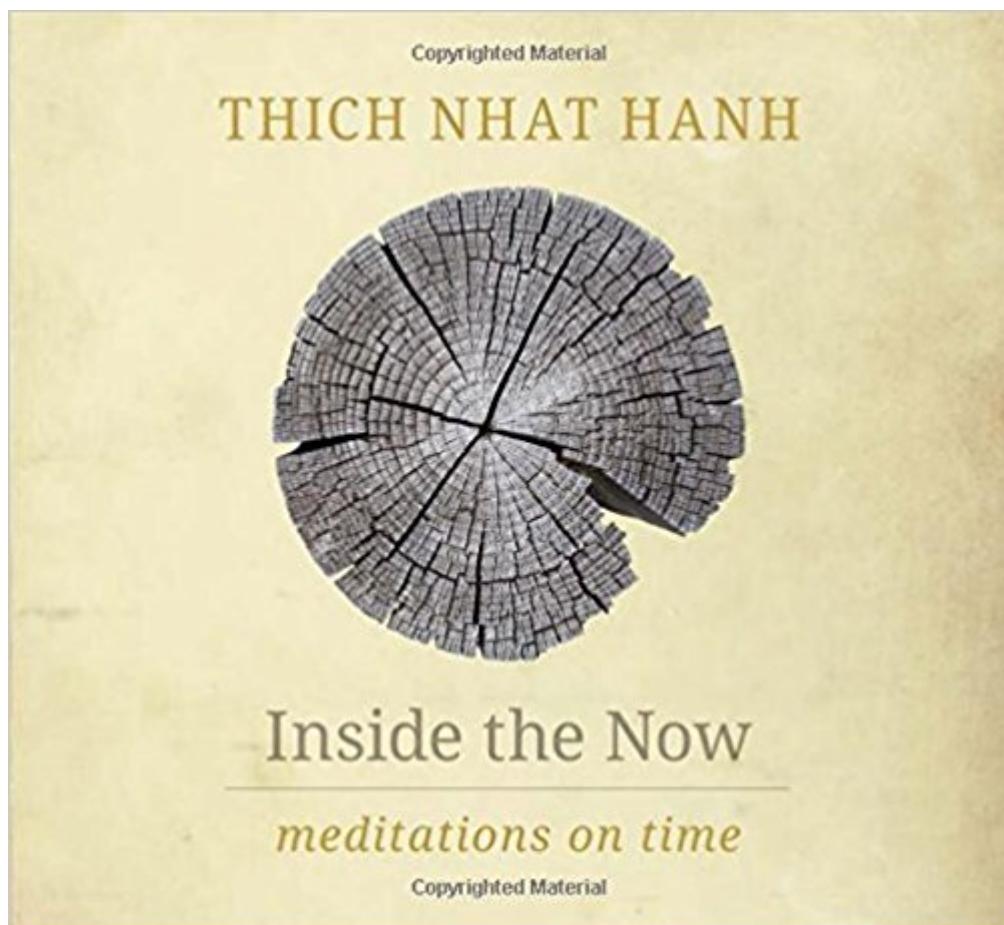


The book was found

Inside The Now: Meditations On Time



Synopsis

This beautifully designed book will be cherished for generations. Written in the summer of 2013, *Inside the Now* contains the most recent, never before published commentaries and reflections of Thich Nhat Hanh on living in stillness and timelessness. The book begins with an autobiographical reflection in which we hear the voice of the young monk, poet, and community-builder struggling in war-torn Vietnam to develop a Buddhism relevant to the suffering of his time. These early experiences lay the groundwork for Thich Nhat Hanh's insights into the nature of time and interbeing. In part two, we hear the clear, direct voice of the Zen Master challenging us to open our hearts, seize the moment, and touch the now. The book is interspersed with poetry from other Zen masters as well as the author's own verse and calligraphy.

Book Information

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Customer Reviews

A poem, a teaching, a meditation, this is not just something to read; it is a deeply joyous experience, a window into the beauty of reality. It is something to enjoy reading again and again.

Bought 2 for friends. Too!

Timely now with my age and Thich Nhat Hahn's condition

It has become my pocket book to remind myself how to live my life in the present moment. It is

readable, simple language but deep.

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