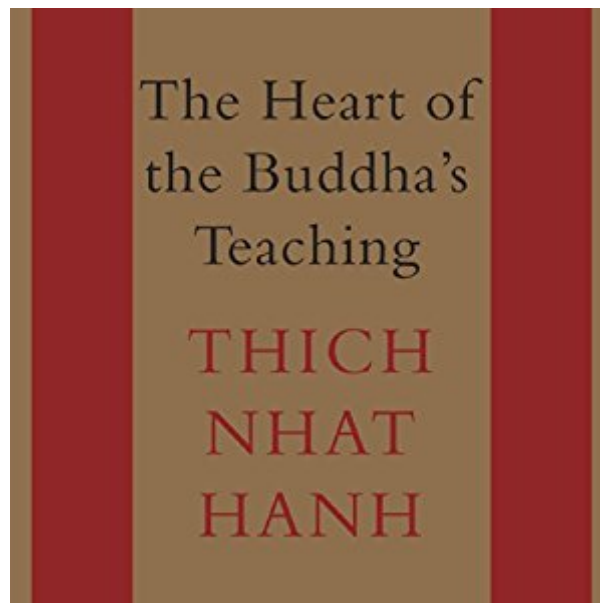




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# **The Heart Of The Buddha's Teaching: Transforming Suffering Into Peace, Joy, And Liberation**



## Synopsis

In *The Heart of the Buddha's Teaching*, 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.

## Book Information

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## Customer Reviews

Thich Nhat Hanh is a Viet-nameese Zen-buddhist. Unlike many, many, many other books on Buddhism, this book attempts to explain the core concepts of Buddhist teachings. Where most Buddhist books get lost in glowing exhausting praises of how wonderful Buddhist concepts are, while actually never getting around to explaining the concepts, this book presents a loving detailed summary of the concepts. If you're curious about Buddhism, start here. If you're still curious, this gives you a center to branch out from.

Thich Nhat Hahn always has a way of getting it understood with an ah-ha now I see. This is an excellent teaching book for those interesting in advancement. And it also make accessible the teaching to those interest in more understand.

Great book! The chapter on Mindfulness is very helpful to put in practice.

Excellent introduction to Buddhist teachings and philosophies. Definitely bookshelf worthy.

I am enjoying every word in this book. I am already planning to reread it.

Love the writings of Thich Nhat Hanh. Inspiring and helpful.

If you want insight into the Buddhist view, this is a good place to start. You should also read his other books. It is a deceptively simple book, but the message is much deeper.

one of my favorite books on Buddhism.

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