

FEAR HANH THICH NHAT

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Nhat Hanh stresses compassion, nonviolence, and community building at all levels as a strategy for transforming the fear and anger in the world. His thinking is guided throughout by his signature concept of "interbeing" that all creation is interconnected.

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Fear is destructive, a pervasive problem we all face. Vietnamese Buddhist Zen Master, poet, scholar, peace activist, and one of the foremost spiritual leaders in the world a gifted teacher who was once nominated for the Nobel Peace Prize by Martin Luther King Jr. Thich Nhat Hanh has written a powerful and practical strategic guide to ...

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Thich Nhat Hanh: Fearlessness. The spiritual teacher and author of Fear: Essential Wisdom for Getting Through the Storm explains in an excerpt from this new book how to release ourselves from the trap of our anxiety. Most of us experience a life full of wonderful moments and difficult moments.

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Thich Nhat Hanh "He shows us the connection between personal, inner peace and peace on earth:" -His Holiness the Dalai Lama "Thich Nhat Hanh is a holy man, for he is humble and devout!" -Martin Luther King, Jr., in nominating Thich Nhat Hanh for the Nobel Peace Prize "One of the greatest teachers of our time:" "Thich Nhat Hanh is a real poet:"

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Instead, we should fear not knowing how to handle our suffering, according to Zen master Thich Nhat Hanh. By Thich Nhat Hanh Jun 28, 2017 Trike Daily Teachings Thich Nhat Hanh's Little Peugeot. The Zen master reflects on our culture of empty consumption and his community's connection to an old French car. By Thich Nhat Hanh Aug 04, 2016

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