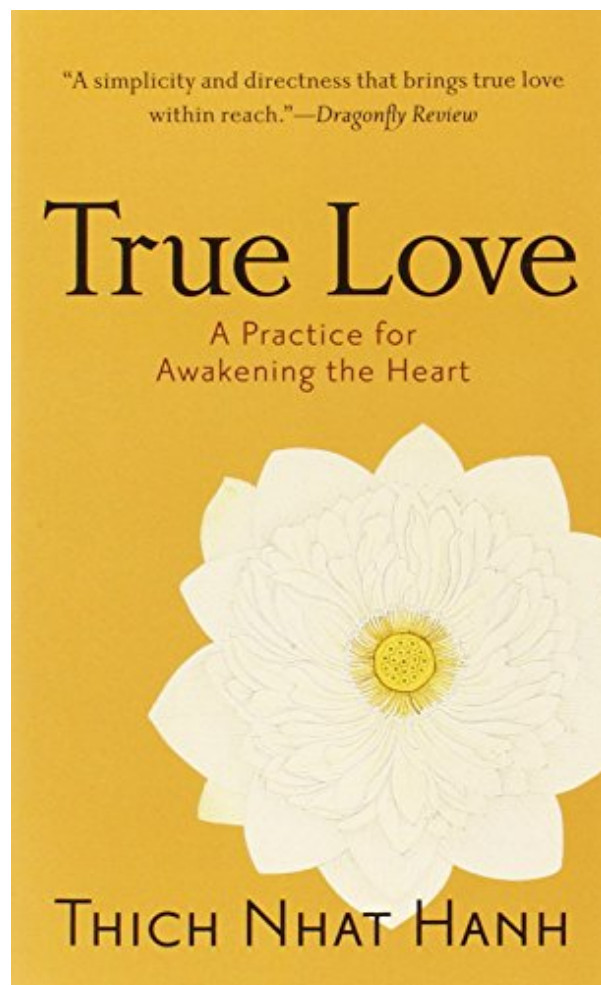


TRUE LOVE: A PRACTICE FOR AWAKENING THE HEART BY THICH NHAT HANH



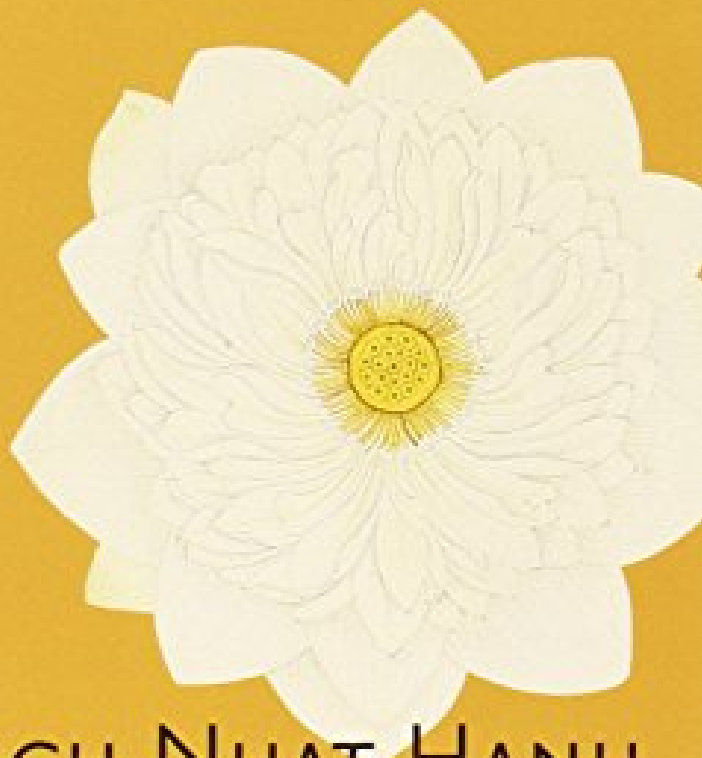
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"A simplicity and directness that brings true love
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True Love

A Practice for
Awakening the Heart



THICH NHAT HANH

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From Publishers Weekly

This umpteenth volume from the highly regarded Vietnamese Zen monk really has nothing new, but that is precisely the author's point: just do a few simple things, and keep doing them. True love—the real thing—is actually hard to practice, and so Nhat Hanh begins with a short Buddhist explanation on the components of love—loving kindness, compassion, joy and freedom—and then offers a series of practices, including mantras, deep listening and a variety of meditations. Throughout, he skillfully weaves in Buddhist teachings about consciousness and nonduality whose complexity belies the simplicity of the author's words. Nhat Hanh is always good, and poetic, at seeing the deep in the ordinary: how the ring of a telephone can be a call to awareness, how the waste material of human fear and pain can be composted—transformed—into flowers of understanding and hope. These teachings will all be familiar to the many students and admirers of the popular monk, but the compassionate call to awareness and to everyday practice does not grow old. The book's gift format makes it an especially good choice as a present to anyone who might need an accessible door to the author's vast body of work and teachings.

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Review

"A simplicity and directness that brings true love within reach."—Dragonfly Review

About the Author

A Vietnamese Zen Buddhist monk, Thich Nhat Hanh is an internationally known author, poet, scholar, and peace activist, and was nominated for the Nobel Peace Prize by Martin Luther King Jr. He is the author of numerous books, including the best-selling *Living Buddha, Living Christ*; *Anger: Wisdom for Cooling the Flames*; *Peace Is Every Step*; and *The Miracle of Mindfulness*. He has founded monastic communities in France, Vermont, and California and teaches actively around the world.

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TRUE LOVE: A PRACTICE FOR AWAKENING THE HEART BY THICH NHAT HANH PDF

In this little treasure, Thich Nhat Hanh, the renowned Zen monk, offers timeless insight into the nature of real love. With simplicity, warmth, and directness, he explores the four key aspects of love as described in the Buddhist tradition: lovingkindness, compassion, joy, and freedom—explaining how to experience them in our day-to-day lives. He also emphasizes that in order to love in a real way, we must first learn how to be fully present in our lives, and he offers simple techniques from the Buddhist tradition that anyone can use to establish the conditions of love.

Thich Nhat Hanh, a Vietnamese Zen Buddhist monk, is an internationally known author, poet, scholar, and peace activist who was nominated for the Nobel Peace Prize by Martin Luther King Jr.

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- Brand: Nhat Hanh, Thich/ Kohn, Sherab Chodzin (TRN)
- Published on: 2006-09-12
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- Original language: English
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- Dimensions: 6.70" h x .40" w x 4.20" l, .13 pounds
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Challenging, Humbling and Remarkable

By S. Thompson

BACKGROUND: I have been married 33 years and I have a great marriage that has hit a rough spot. We're friends, we've owned a business together, we respect each other and love each other. We've entered a new chapter called Retirement and I am struggling. Of course, there is more to the story such as my husband's painful layoff that left him flattened and emotionally shutdown. And my stress about the ability to let go and be less fearful in this unknown chapter without clinging or pressurizing my husband to fill the space. That said, I am grateful that I found this book at this phase of my life.

TRUE LOVE: This book tops the mountain of books I have read lately on the topic of "Love". No other book that I have read penetrates the romantic layers and commercial definitions that pepper us with ordinary findings or provides "just enough" advice, yet falls short of direction for developing enduring and enriching love. This is a journey and lesson(s) of abiding love beyond oneself. I have one caveat for readers who try the techniques covered in *True Love*: Participants need a level of emotional integrity where both parties play fair, are trustworthy and respectful. For example: Practicing giving freedom to a spouse who has a history of infidelity might be painful. Obviously, I am NO expert, but these exercises will let you know how to proceed. Deepening relationships has elements such as loving someone more than yourself, emotionally supporting them without requirements, promoting freedom, etc. The message is simple, but not easy and conveyed in a loving way so that one can translate them into their world. Thich Nhat Hanh embodies love, his lessons have humbled me and given me peace, but homework!

0 of 0 people found the following review helpful.

This can Change your Heart, your Life, Heal Wounds,,,,in an Hour or So

By Crtclthinkr

Ohmygosh, what a good book. A valuable book. A life-changing book. A fast read--maybe an hour or two (and I'm a slow reader). Trust me, you don't have to be Buddhist to get a huge amount out of this book (although you might want to skim over a few small parts.) This book helped me see clearly all the turmoil during my kid's teenage years, other relationships good and bad, heal old wounds (mine, theirs), and just...see life differently, better. Such simple little ideas that are really so...huge. I bought one for all my family and friends.

1 of 1 people found the following review helpful.

This book is a very insightful and an easy read. I am a mother of three

By Heather K.

This book is a very insightful and an easy read. I am a mother of three, wife going on 15 years and a special education teacher. Long story short, I feel like I've completely lost my true self. Over the past year I've been working on acknowledging my emotions and being true to my inner self. One of my sticking points is loving myself. This book clearly explains the power and benefits of mindfulness. It guides me by giving me confidence to do simple things to make the best of every moment, even when I feel I don't know what to do. This book is great if you truly want to love your life.

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