



# **Thich Nhat Hanh: 101 Greatest Life Lessons, Inspiration and Quotes From Thich Nhat Hanh (How To Love, The Art of Communicating, Mindfulness)**

*Chris Johnston*

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## **Thich Nhat Hanh**

### **101 Greatest Life Lessons, Inspiration and Quotes From Thich Nhat Hanh**

Close your eyes and think on Buddhist traditions. What do you see? Many may see monks, meditative gongs, or Zen gardens. But did you consider social action as an element of Buddhism? Until Thich Nhat Hanh introduced the concept of Engaged Buddhism, there was no call to action in the Buddhist faith. Much work against social injustice was done internally, through deep meditation and enlightenment. But Thich Nhat Hanh saw his enlightenment as an opportunity to promote peace and save the world from war and injustice.

#### **Here is a preview of what you'll learn:**

- The history of Thich Nhat Hanh and his influence on world politics.
- The concept of Engaged Buddhism and ways you can use it in your daily life.
- How to act mindfully with quotes and lessons from Thich Nhat Hanh himself.
- How to love fully with understanding and compassion with life lessons from Thich Nhat Hanh.
- How to apply the lessons you learn in this book to the plagues of the modern world.

If you are seeking more compassion, more positivity, and more love in your life, the lessons in this book can help you attain these things. Thich Nhat Hanh's following teachings will help you recognize your place in the world and take responsibility for your actions in order to make the world we live in a better place for future generations.



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