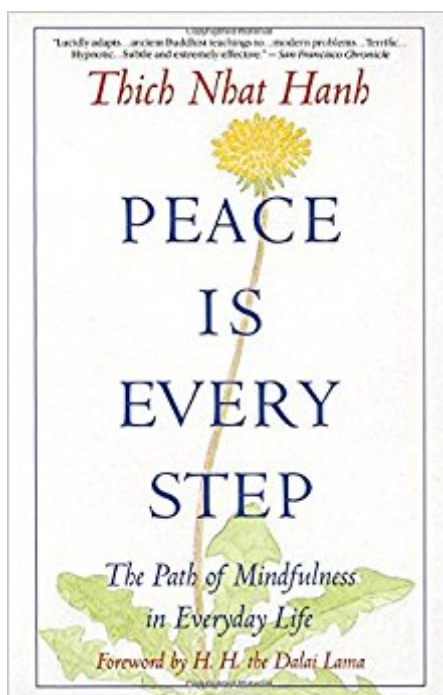


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# Peace Is Every Step: The Path Of Mindfulness In Everyday Life



## Synopsis

In the rush of modern life, we tend to lose touch with the peace that is available in each moment. World-renowned Zen master, spiritual leader, and author Thich Nhat Hanh shows us how to make positive use of the very situations that usually pressure and antagonize us. For him a ringing telephone can be a signal to call us back to our true selves. Dirty dishes, red lights, and traffic jams are spiritual friends on the path to "mindfulness" – the process of keeping our consciousness alive to our present experience and reality. The most profound satisfactions, the deepest feelings of joy and completeness lie as close at hand as our next aware breath and the smile we can form right now. Lucidly and beautifully written, *Peace Is Every Step* contains commentaries and meditations, personal anecdotes and stories from Nhat Hanh's experiences as a peace activist, teacher, and community leader. It begins where the reader already is – in the kitchen, office, driving a car, walking a part – and shows how deep meditative presence is available now. Nhat Hanh provides exercises to increase our awareness of our own body and mind through conscious breathing, which can bring immediate joy and peace. Nhat Hanh also shows how to be aware of relationships with others and of the world around us, its beauty and also its pollution and injustices. The deceptively simple practices of *Peace Is Every Step* encourage the reader to work for peace in the world as he or she continues to work on sustaining inner peace by turning the "mindless" into the mindFUL.

## Book Information

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## Customer Reviews

Thich Nhat Hanh's writing is deceptive in its subtlety. He'll go on and on with stories about tree-hugging or metaphors involving raw potatoes; he'll tell you how to eat mindfully, even how to breathe and walk; he'll suggest looking closely at a flower and to see the sun as your heart. As the Zen teacher Richard Baker commented, however, Nhat Hanh is "a cross between a cloud, a snail, and piece of heavy machinery." Sooner or later, it begins to sink in that Nhat Hanh is conveying a depth of psychology and a world outlook that require nothing less than a complete paradigm shift. Through his cute stories and compassionate admonitions, he gradually builds up to his philosophy of interbeing, the notion that none of us is separately, but rather that we inter-are. The ramifications are explosive. How can we mindlessly and selfishly pursue our individual ends, when we are inextricably bound up with everyone and everything else? We see an enemy not as focus of anger but as a human with a complex history, who could be us if we had the same history. Suffice it to say, that after reading *Peace Is Every Step*, you'll never look at a plastic bag the same way again, and you may even develop a penchant for hugging trees. --Brian Bruya

"Next time you are caught in a traffic jam . . . sit back and smile . . . a smile of compassion and loving kindness." While such sappy Zen advice from a Buddhist monk, a Vietnamese resident in France following his exile in 1966, could send Western seekers of enlightenment into overdrive, fortunately most of the suggestions offered in this slim guidebook are of more substance. In a series of vignettes and short passages, e.g., "Cooking Our Potatoes," Nhat Hanh outlines techniques for living mindfully, that is, in the present. Emphasizing that all things are interconnected on personal and political levels, he notes, for example, that the wealth of one society is based on the poverty of others. This book of illuminating reminders bids us to reorient the way we look at the world, turning away from a goal-driven, me-first modality toward a humanitarian perspective. Copyright 1990 Reed Business Information, Inc. --This text refers to the MP3 CD edition.

A classic collection of brief talks and short essays from the renowned Vietnamese monk. In many of them, Hanh begins by describing some typically mundane aspect of daily life such as being interrupted by a ringing telephone, or being stopped at a red traffic light and then offers a profoundly simple suggestion for transforming the way we typically respond to these everyday occurrences. Rather than experiencing them as frustrations, he suggests that we simply pay attention to them. The radical idea Hanh proposes is that we accept everything that happens to and around us as an invitation to be more fully present in each moment of our lives. In one of my favorite passages, he talks about washing dishes: "Not

only do we do the dishes in order to have clean dishes, we also do the dishes just to do the dishes. ~f~c~ ~ -~ ~•

Thich Nhat Hanh's book *Peace is Every Step: The Path of Mindfulness in Everyday Life* is an enlightening read! The author does a great job of showing the inextricable connection between the mind, the body, and the environment. Mindfulness is an awareness of our living right now. It helps us to become and remain mentally and physically healthy and to live harmoniously in our symbiotic relationship with each other and our environment. Our survival on this planet depends upon it. Hanh encourages us to be mindful in everything we do--for example, when we peel a tangerine eat it mindfully. He encourages us to feel the spray as we peel it. Smell the fragrance and feel the texture of fruit. Enjoy the taste and nourishment. Think of the mother of the fruit--the tree, its leaves, its blossoms and our connection with it and the environment. The author encourages us to slow down, breathe, and live in the moment. Instead of being frustrated by the obstacles--red lights, traffic, layovers--that prevent us from getting from one place to another quickly, use those moments to practice Mindfulness. I recommend this book to people of all ages and backgrounds. The author's writing style is simple and insightful. His aim is to promote peace, happiness, health, and wisdom. He did a great job!

At first I thought Thich Nhat Hahn was "Buddhist Lite." It was just that his method seemed childlike and too simple. But it was in this simplicity that I learned deeper ways to see the world. While society becomes divided he teaches how to not only unite but to unite with our objective reality.

I have heard a lot about Thich Nhat Hanh for years now and finally decided to purchase a book. This one in particular was suggested to me by friends and as I came across several authors who made reference to the book I figured it was the right starting point. TNN's writing style is simple and clear. His humble and caring nature shines through his writing. The ideas are simple and I imagine that were I to apply them they would be quite powerful. That said, all the ideas would be quite useful if applied to our daily lives. This is not a book for someone looking for deep insights in spirituality (like those of Krishnamurti, Nisargadatta and others) or for any complexity in structure. Nevertheless, his ideas are deep despite their simplicity and are good reminders that can help make anyone's life richer and increase our appreciation for the small things. An approach that reminded me of St. Theresa of Avila (the Saint of small things), in which even eating a tangerine can be spiritualized and thus appreciated greatly...

I first borrowed this book from my local library and fell so much in love with it that I had to buy my own copy. I read excerpts from it everyday, and it has helped me profoundly. I feel calmer and happier in my daily routine. Yes, the advice to Breathe Deeply and Be Mindful has been proffered by countless other authors before. And I've tried and failed because it's hard to remember these things in the business of everyday life. And it's boring to breathe deeply. :) This book shows you how to incorporate these practices into daily life and make them habits that you don't even have to think about. It is filled with imagery that helps you visualize what you're feeling, and then deal with those feelings in a non-aggressive way. This would make great reading for teenagers in school to help them regulate their emotions.

This is the first book from Tich Nhat Hanh that I've read. It was a recommendation from a friend and colleague at work. I really like the techniques that are discussed at start of the book: breath in (relax your body), breath out (smile). That is amazing advice - seriously! Anyways, the book makes you feel a bit more guilty for being "privileged" in the unfair world in which we live. Now, what do you do. I totally agree with the statements of "trying" to understand, but really who understands "why" the world is in the shape it is in. Tich Nhat Hanh tells you his view, but he is human. He doesn't mention God or the universe in his book. So, don't look for a resolution to your spiritual endeavor in this book. Instead, look to become a more compassionate and contemplative human being.

This classic book is so helpful for those of us whose meditating does not come easily.

We purchased this book for an undergraduate graduation gift for a family member. I was able to page through the book briefly, which inspired me to ask the family member if I could borrow it when she was done. I hope her promise follows through, because I am excited about this book and will look for Hanh's others on my next trip to the library!

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