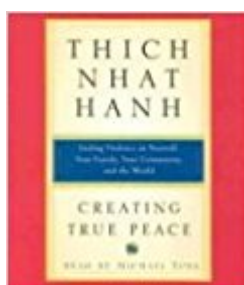


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# Creating True Peace: Ending Violence In Yourself, Your Family, Your Community, And The World



## Synopsis

In *Creating True Peace*, Thich Nhat Hanh uses a beautiful blend of visionary insight, inspiring stories of peacemaking, and a combination of meditation practices and instruction to show us how to take Right Action. An audiobook for people of all faiths, this is a magnum opus -- a compendium of peace practices that can help anyone practice nonviolent thought and behavior, even in the midst of world upheaval. *Creating True Peace* tells stories of Thich Nhat Hanh and his students practicing peace during wartime. These demonstrate that violence is an outmoded response we can no longer afford. The simple, but powerful daily actions and everyday interactions that Thich Nhat Hanh recommends can root out violence where it lives in our hearts and minds and help us discover the power to create peace at every level of life -- personal, family, neighborhood, community, state, nation, and world. Whether dealing with extreme emotions and challenging situations or managing interpersonal and international conflicts, Thich Nhat Hanh relies on the 2,600-year-old traditional wisdom and scholarship of the Buddha, as well as other great scriptures. He teaches us to look more deeply into our thoughts and lives so that we can know what to do and what not to do to transform them into something better. With a combination of courage, sweetness, and candor, he tells us that we can make a difference; we are not helpless; we can create peace here and now.

## Book Information

Audio CD

Publisher: Simon & Schuster Audio; Abridged edition (August 1, 2003)

Language: English

ISBN-10: 0743530047

ISBN-13: 978-0743530040

Product Dimensions: 6.4 x 1 x 5.7 inches

Shipping Weight: 7.2 ounces

Average Customer Review: 4.7 out of 5 stars 29 customer reviews

Best Sellers Rank: #3,443,796 in Books (See Top 100 in Books) #74 in [Books > Books on CD](#) > [Religion & Spirituality](#) > [Inspiration](#) #2397 in [Books > Politics & Social Sciences](#) > [Politics & Government](#) > [Specific Topics](#) > [War & Peace](#) #3145 in [Books > Books on CD](#) > [Health, Mind & Body](#) > [Personal Growth](#)

## Customer Reviews

If Vietnamese Zen monk and peace activist Nhat Hanh has said the same thing over and over again, it's because his message can't be restated too often in a violent world: peace can be found in

every step, every breath. Nhat Hanh's books, many of which are transcriptions of talks, have ranged widely, from poetry to Buddhist commentaries to reflections on Jesus. This newest is filled with meditations and practices for individuals and families; since relatively few people choose monasticism as a lifestyle, the practice of household peace through deep listening and loving speech is eminently useable. Moreover, as Nhat Hanh shows in his stories and examples of working with people in conflict, such techniques underlie peace in the political arena as well. Like the Dalai Lama, Nhat Hanh possesses an extraordinary ability to speak simply about complex Buddhist teachings such as the true, transient nature of existence and how to act mindfully and compassionately in light of that view. His simplicity goes hand in hand with a challenging austerity, counseling against the consumption of things that lead to unmindfulness, like alcohol or "toxic" media products that feed inner "seeds," or tendencies, toward violence. Written in Nhat Hanh's characteristically soothing way, this is a practical and basic book of his profound and comprehensive teachings, especially for families with children. Copyright 2003 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Thich Nhat Hanh (tik not hahn) is a world-renowned writer, scholar, spiritual leader, and Zen Buddhist monk. He lives in the monastic communities he founded in France, Vermont, and California, and his lineage is traceable directly to the Buddha himself. The author of the New York Times bestseller *Anger* as well as numerous other books, which have sold well over a million copies, he conducts public workshops throughout the world and peace-making retreats with Vietnam veterans, Palestinians, and Israelis.

I recommend this book to anyone seeking a gentle spiritual practice which will enable them to water the seeds of love, compassion, understanding and reconciliation in their own lives and the lives of those around them. The author's teaching is clear and direct, enabling readers to acknowledge their own pain and the pain they cause others and yet without being judgmental or promoting guilt. Although based upon the author's own background of Buddhism, I have found that the practice of mindfulness meditation can be used with benefit by a person of another religious background. Certainly the teachings are presented as tools for peaceful living, rather than an effort to proselytise. As a mother and grandmother, I thought that sometimes the author's background as a monastic created a somewhat idealised version of family dynamics, but perhaps that is only to be expected! I have owned my own copy of the book for several years, but recently purchased copies for each of my adult daughters. Surely that is recommendation enough!

Love this man! So thankful for him!

This book is a great book, whether you are into the Buddhist beliefs or not. It teaches so much about relationships, understanding others and being able to calm ourselves when needed. It teaches how to deal with anger with our children, spouses, or anyone. It can help in you home as well as in a work environment. It can create peace in our lives, calmness, less stress, which I believe would help just about anyone. I would recommend you read it with an open mind and heart and you will get something out of it. I believe there is something for everyone.

This book begins to open up thoughts regarding peace, and how to define it. It provides good insight and challenges you to think more deeply about your own opinions, views, and approaches to achieving peace.

AS ALWAYS WITH THICH NHAT HAHN.... A FIVE STAR RATING... THIS MAN HAS WALKED THE WALK... LIFE EXPERIENCE FILLED WITH CONSTANT HUMILITY AND LOVE FOR ALL HUMAN BEINGS....DO YOURSELF A FAVOR AND LEARN FROM THIS MASTER...ALOHA, TM

Just what my spirit deemed necessary at this point in time.

This is a beautiful book! Have read and re-read it for years, and am now giving it for gifts.

Amazing read with the power to transform, if the reader is ready to.

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