

Fragrant Palm Leaves

First Buddhist Women is a readable, contemporary translation of and commentary on the enlightenment verses of the first female disciples of the Buddha. The book explores Buddhism's relatively liberal attitude towards women since its founding nearly 2,600 years ago, through the study of the Therigatham, the earliest known collection of women's religious poetry. Through commentary and storytelling, author Susan Murcott traces the journey of the wives, mothers, teachers, courtesan, prostitutes, and wanderers who became leaders in the Buddhist community, roles that even today are rarely filled by women in other patriarchal religions. Their poetry beautifully expresses their search for spiritual attainment and their struggles in society.

How to Eat is part of the Mindfulness Essentials Series by Zen Master Thich Nhat Hanh, illuminating the basics of mindfulness practice. These short meditations cover everything from eating with others and enjoying our food to connecting with the Earth. Nhat Hanh inspires a joyful and sustainable relationship with all aspects of eating, including gardening, food shopping, preparing, serving, and even cleaning up after a meal. How to Eat is a welcome reminder that the benefits of mindful eating are both personal and global. With sumi ink drawings by Jason DeAntonis.

This vivid diary of life in a Japanese internment camp during World War II examines the moral challenges encountered in conditions of confinement and deprivation.

Technology can help us with some of our most difficult work. It can also offer us endless distractions. Can technology help us, as individuals and communities, in our most important task, that of being a good person? Jon Mitchell sets out to identify and explore the ways in which we can develop a more thoughtful relationship with technology. Rather than only using our technological devices as a medium for connecting with the world, he recommends we rethink our relationship with technology, and see it as a resource that allows us to have a more intimate and personal relationship with ourselves and the world around us. Mitchell offers concrete practices for streamlining and improving the way we use technology in our daily lives. Writing in a relatable, conversational, easy-to-read style, Mitchell draws on his years of experience as a tech journalist and mindfulness practitioner to propose a rethinking of both the design of technology and its use.

"Followers and newcomers to Nhat Hanh's teaching alike will find this collection inspiring for everyday practice and for social engagement in the world."—Publishers Weekly This collection of autobiographical and teaching stories from peace activist and Zen Master Thich Nhat Hanh is thought provoking, inspiring, and enjoyable to read. Collected here for the first time, these stories span the author's life. There are stories from Thich Nhat Hanh's childhood and the traditions of rural Vietnam. There are stories from his years as a teenaged novice, as a young teacher and writer in war torn Vietnam, and of his travels around the world to teach mindfulness, make pilgrimages to sacred sites, and influence world leaders. The tradition of teaching the Dharma through stories goes back at least to the time of the Buddha. Like the Buddha, Thich Nhat Hanh uses story-telling to engage people's interest so he can share important teachings, insights, and life lessons.

One Of The Most Acclaimed And Perceptive Observers Of Globalism And Buddhism Now Gives Us The First Serious Consideration For Buddhist And Non-Buddhist Alike Of The Fourteenth Dalai Lama S Work And Ideas As A Politician, Scientist, And Philosopher. Pico Iyer Has Been Engaged In Conversation With The Dalai Lama (A Friend Of His Father S) For The Last Three Decades An Ongoing Exploration Of His Message And Its Effectiveness. Now, In This Insightful, Impassioned Book, Iyer Captures The Paradoxes Of The Dalai Lama S Position: Though He Has Brought The Ideas Of Tibet To World Attention, Tibet Itself Is Being Remade As A Chinese Province; Though He Was Born In One Of The Remotest, Least Developed Places On Earth, He Has Become A Champion Of Globalism And Technology. He Is A Religious Leader Who Warns Against Being Needlessly Distracted By Religion; A Tibetan Head Of State Who Suggests That Exile From Tibet Can Be An Opportunity; An Incarnation Of A Tibetan God Who Stresses His Everyday Humanity. Moving From Dharamsala, India The Seat Of The Tibetan Government-In-Exile To Lhasa, Tibet, To Venues In The West, Where The Dalai Lama S Pragmatism, Rigor, And Scholarship Are Sometimes Lost On An Audience Yearning For Mystical Visions, The Open Road Illuminates The Hidden Life, The Transforming Ideas, And The Daily Challenges Of A Global Icon.

From the #1 New York Times bestselling author—the first book in the reissued Three Sisters Island trilogy is a tale of friendship, fate, and the mysterious ways of the heart.

Regarded by many as Thich Nhat Hanh's most personally revealing and endearing book, these collected journals chronicle the first-hand experiences of the Zen Master as a young man in both the United States and Vietnam, just as his home country is plunged into war and turmoil. "It isn't likely that this collection of journal entries, which I'm calling Fragrant Palm Leaves, will pass the censors... I'll leave Vietnam tomorrow." Thus Thich Nhat Hanh begins his May 11, 1966 journal entry. After leaving Vietnam, he was exiled for calling for peace, and was unable to visit his homeland again until 2004. In the interim, Thich Nhat Hanh continued to practice and teach in the United States and Europe, and became one of the world's most respected spiritual leaders. But when these journals are written, all of that is still to come. Fragrant Palm Leaves reveals a vulnerable and questioning young man, a student and teaching assistant at Princeton and Columbia Universities from 1962-1963, homesick and reflecting on the many difficulties he and his fellow monks faced at home trying to make Buddhism relevant to the people's needs. We also follow Thich Nhat Hanh as he returns to Vietnam in 1964, and helps establish the movement known as Engaged Buddhism. A rare window into the early life of a spiritual icon, Fragrant Palm Leaves provides a model of how to live fully, with awareness, during a time of change and upheaval.

Published here for the first time, these fifty poems, explore his journey from young boy in Vietnam to being a leader in Thich Nhat Hanh's monastic community. The early poems reflect childhood memories of war and destruction yet are also full of romantic and poetic imagery. His later poems convey a profound wisdom and spaciousness of heart. A Zen Master in his own right, he led a life committed to cultivating great compassion and liberation through inner discovery. Light in spirit, loving and wise, sometimes strict, and often humorous, these poems perfectly capture Giác Thanh's clarity, wisdom, and kindness.

Fragrant Palm Leaves Journals 1962-1966 Parallax Press

Celebrates the power of nonviolence in a tribute to seventy-five of the world's peacemakers, including such spiritual leaders, activists, writers, and scientists as Jimmy Carter, Colin Powell, Jane Goodall, Coretta Scott King, and Mother Teresa.

Though the original edition of *Touching the Earth* is deeply embraced by those already practicing mindfulness in the tradition of Thich Nhat Hanh, the revised edition seeks to make the exercises contained within more accessible for those new to Buddhist or mindfulness practice. Based on the loving kindness and compassion meditation of the Lotus Sutra, *Touching the Earth* contains one of the most popular and transformative practices of Thich Nhat Hanh. Written as a poetic conversation with the Buddha, it is a step-by-step guidebook to the practice of 'Beginning Anew'. Thich Nhat Hanh describes it as having the capacity to removing obstacles brought about by past wrongdoings and to bring back the joy of being alive. According to many of his students who are deeply touched by this practice, it can help renew our faith and develop our compassion. It presents a opportunity to heal our relationships through forgiveness and to embrace our ancestors, parents, teachers, and ourselves. *Touching the Earth* contains clear instructions for the 'Beginning Anew' practice with over 40 guided meditation verses, allowing the reader to practice alone or with others.

We can't heal with our minds alone. Thinking can be something productive and creative, but without integrating body and mind, much of our thinking is useless and unproductive. In *Peace of Mind*, Zen master Thich Nhat Hanh reminds us that integrating body and mind is the only way to be fully alive in each moment, without getting lost in our thoughts while walking, cooking, driving, and going about our everyday lives. Only by cultivating a mindful body and an embodied mind can we be fully alive. Bringing together ancient wisdom and contemporary thinking, Thich Nhat Hanh says it's like hardware and software—if you don't have both, you can't do anything. *Peace of Mind* provides a foundation for beginning mindfulness practices and understanding the principles of mind/body awareness. By learning how our physical body and mind are inseparable in creating our own perceptions and experiences we can begin to trust and nourish our ability to create well-being.

A complete illustrated survey of fragrance in the garden by America's leading garden writer Popular garden writer Ken Druse offers a complete survey of fragrance in the garden, in a major work filled with new knowledge. He arranges both familiar and unusual garden plants, shrubs, and trees into 12 categories, giving gardeners a vastly expanded palate of scents to explore and enjoy, and he also provides examples of garden designs that offer harmonious scensual delights. Ellen Hoverkamp contributes her artful botanical images of flowers and plants discussed in the text. These are accompanied by Druse's award-winning garden photographs, to create a book that is as beautiful to look at as it is informative and evocative to read.

The secret to happiness is to acknowledge and transform suffering, not to run away from it. In *No Mud, No Lotus*, Thich Nhat Hanh offers practices and inspiration transforming suffering and finding true joy. Thich Nhat Hanh acknowledges that because suffering can feel so bad, we try to run away from it or cover it up by consuming. We find something to eat or turn on the television. But unless we're able to face our suffering, we can't be present and available to life, and happiness will continue to elude us. Nhat Hanh shares how the practices of stopping, mindful breathing, and deep concentration can generate the energy of mindfulness within our daily lives. With that energy, we can embrace pain and calm it down, instantly bringing a measure of freedom and a clearer mind. *No Mud, No Lotus* introduces ways to be in touch with suffering without being overwhelmed by it. "When we know how to suffer," Nhat Hanh says, "we suffer much, much less." With his signature clarity and sense of joy, Thich Nhat Hanh helps us recognize the wonders inside us and around us that we tend to take for granted and teaches us the art of happiness.

We all share the experience of carrying with us the one question that has always seemingly stood in the way of the next step in our personal development, the development of our spiritual practice, or our understanding of ourselves. Answers from the Heart collects 50 of these most important and heartfelt questions posed to Thich Nhat Hanh by participants in his retreats and from his students, and offers his personal, heartfelt, and often surprising answers. These exchanges offer an accessible way into Buddhist teachings and often mix practical immediately applicable suggestions with ideas for further study and contemplation. The conversations also provide a lively glimpse into the connection between students and their teacher. Answers from the Heart's six thematic sections -- Daily Life, Living and Dying, Engaged Buddhism, Mindfulness Practice, Family and Relationships, and Children's Questions, make the book easily accessible for those new to Buddhism as well as for more experienced practitioners. Thich Nhat Hanh's answers condense Buddhist wisdom of 2500 years into individual answers that shine with diamond-like clarity and summarize Thich Nhat Hanh's own insight based on his lifetime of practice.

A lovingly and artistically designed journal, *Breathe* features excerpts from Thich Nhat Hanh's best-loved breathing meditations, prayers, and poems. They are intended to inspire the user's own personal reflections, sketches, or jotting down of favorite quotes or poems. Includes material on breathing and writing, and on the value of mixing writing and mindfulness. Comes with crush-proof rounded corners and elegant lay-flat binding. Makes a great personal diary or a wonderful gift.

Bringing the energy of true presence into our lives really does change things for the better—and all it takes is a little training. This treasury of 365 gems of daily wisdom from one of the most beloved Buddhist teachers of our age is a help and support for anyone who wants to train to meet every moment of life with 100 percent attention. Thich Nhat Hanh shows how practicing mindfulness can transform every area of our lives—and how its benefits radiate beyond us to affect others and the whole, larger world.

This compendium of the core teachings of Thich Nhat Hanh, based on a talk given at a prison, shows how mindfulness practice can cultivate freedom no matter where you are. So many of us, inmates and outsiders alike, are in prisons of our own making.... The miracle of mindfulness can free us all *Shepherds town Chronicle*....

When Silas House made his debut with *Clay's Quilt* last year, it touched a nerve not just in his home state (where it quickly became a bestseller), but all across the country. Glowing reviews—from *USA Today* (House is letter-perfect with his first novel), to the *Philadelphia Inquirer* (Compelling. . . . House knows what's important and reminds us of the value of family and home, love and loyalty), to the *Mobile Register* (Poetic, haunting), and everywhere in between—established him as a writer to watch. His second novel won't disappoint. Set in 1917, *A Parchment of Leaves* tells the story of Vine, a beautiful Cherokee woman who marries a white man, forsaking her family and their homeland to settle in with his people and make a home in the heart of the mountains. Her mother has strange forebodings that all will not go well, and she's right. Vine is viewed as an outsider, treated with contempt by other townspeople. Add to that her brother-in-law's fixation on

her, and Vine's life becomes more complicated than she could have ever imagined. In the violent turn of events that ensues, she learns what it means to forgive others and, most important, how to forgive herself. As haunting as an old-time ballad, *A Parchment of Leaves* is filled with the imagery, dialect, music, and thrumming life of the Kentucky mountains. For Silas House, whose great-grandmother was Cherokee, this novel is also a tribute to the family whose spirit formed him.

"[Thich Nhat Hanh] shows us the connection between personal, inner peace and peace on earth." --His Holiness The Dalai Lama Nominated by Martin Luther King, Jr. for a Nobel Peace Prize, Thich Nhat Hanh is one of today's leading sources of wisdom, peace, compassion and comfort. Exiled from Vietnam over thirty years ago, Thich Nhat Hanh has become known as a healer of the heart, a monk who shows us how the everyday world can both enrich and endanger our spiritual lives. In this book, Jesus and Buddha share a conversation about prayer and ritual and renewal, and about where such concepts as resurrection and the practice of mindfulness converge. In this unique way, Thich Nhat Hanh shows the brotherhood between Jesus and Buddha-- and in the process shows how we can take their wisdom into the world with us, to "practice in such a way that Buddha is born every moment of our daily life, that Jesus Christ is born every moment of our daily life."

In her twenties, journalist Sarah Macdonald backpacked around India and came away with a lasting impression of heat, pollution and poverty. So when an airport beggar read her palm and told her she would return to India—and for love—she screamed, "Never!" and gave the country, and him, the finger. But eleven years later, the prophecy comes true. When the love of Sarah's life is posted to India, she quits her dream job to move to the most polluted city on earth, New Delhi. For Sarah this seems like the ultimate sacrifice for love, and it almost kills her, literally. Just settled, she falls dangerously ill with double pneumonia, an experience that compels her to face some serious questions about her own fragile mortality and inner spiritual void. "I must find peace in the only place possible in India," she concludes. "Within." Thus begins her journey of discovery through India in search of the meaning of life and death. *Holy Cow* is Macdonald's often hilarious chronicle of her adventures in a land of chaos and contradiction, of encounters with Hinduism, Islam and Jainism, Sufis, Sikhs, Parsis and Christians and a kaleidoscope of yogis, swamis and Bollywood stars. From spiritual retreats and crumbling nirvanas to war zones and New Delhi nightclubs, it is a journey that only a woman on a mission to save her soul, her love life—and her sanity—can survive.

Being Peace is a timeless and eloquent introduction to Zen Master Thich Nhat Hanh and his most important teachings. First published in 1987 and translated into more than thirty languages, this spiritual classic reveals the connection between our own personal happiness and the state of the world around us. Thich Nhat Hanh's key practices are presented in simple and clear language, offering practical suggestions for how to create a more peaceful world "right in the moment we are alive." *Being Peace* is a must-have for those interested in Buddhist practice and a perfect starting point for anyone concerned about how to create peace in themselves and the world.

A look at the spiritual, emotional, and philosophical implications of end-of-life care by an elegant and literary writer who is a hospital chaplain. As a hospital chaplain, Amy Wright Glenn has been present with those suffering from suicide, trauma, disease, and unforeseen accidents and has been witness to the intense grief and powerful insights that so often accompany loss. She weaves together memoir, philosophical inquiry, and cutting-edge research on death/dying to chronicle how we, as individuals and as a culture, handle everything from grief to mortality.

Glenn is also a professional birth doula with a deep and committed mindfulness practice who has thought deeply about the significance of human love and loss. She asks us to embrace the task of being present with what is -- through courageous and mindful expressions of compassionate presence -- and helps us to accept the fact of our own mortality on a visceral and emotional level, not simply as an intellectual abstraction. *Holding Space* concludes by integrating key insights drawn from working directly with the dying into a moving and compelling meditation on the healing power of "holding space" for all involved in caring for the dying, a healing sorely needed in our culture at this time.

How to Love is the third title in Parallax's Mindfulness Essentials Series of how-to titles by Zen Master Thich Nhat Hanh, introducing beginners and reminding seasoned practitioners of the essentials of mindfulness practice. This time Nhat Hanh brings his signature clarity, compassion, and humor to the thorny question of how to love. He distills one of our strongest emotions down to four essentials: you can only love another when you feel true love for yourself; love is understanding; understanding brings compassion; deep listening and loving speech are key ways of showing our love. Pocket-sized, with original two color illustrations by Jason DeAntonis, *How to Love* shows that when we feel closer to our loved ones, we are also more connected to the world as a whole. With sections on Love vs. Need, Being in Love, Reverence, Intimacy, Children and Family, Reconciling with Parents, and more, *How to Love* includes meditations you can do alone or with your partner to go deep inside and expand your own capacity to love. Scientific studies indicate that meditation contributes tremendously to well-being, general health, and longevity. *How to Love* is a unique gift for those who want a comprehensive yet simple guide to understanding the many different kinds of love, along with meditative practices that can expand the understanding of and capacity for love, appropriate for those practicing in any spiritual tradition, whether seasoned practitioners or new to meditation.

Zen Master, poet and peace and human rights activist Thich Nhat Hanh was born in central Vietnam in 1926 and joined the monkhood at the age of sixteen. Written by the author in his late twenties, *My Master's Robe* is set in the heart of a peaceful monastery that is surrounded by war during the years from 1942-1947.

How to Walk is the fourth title in Parallax's popular Mindfulness Essentials Series of how-to titles by Zen Master Thich Nhat Hanh, introducing beginners and reminding seasoned practitioners of the essentials of mindfulness practice. Slow, concentrated walking while focusing on in- and out-breaths allows for a unique opportunity to be in the present. There is no need to arrive somewhere—each step is the arrival to concentration, joy, insight, and the momentary enlightenment of aliveness. When your foot touches the Earth with awareness, you make yourself alive and the Earth real, and you forget for one minute the searching, rushing, and longing that rob our daily lives of awareness and cause us to "sleepwalk" through life. Thich Nhat Hanh shares amusing stories of the impact mindful walking has on both the walker and those who notice him, and shows how mindful walking can be a technique for diminishing depression, recapturing wonder, and expressing gratitude. Pocket-sized, with original two color illustrations by Jason DeAntonis, *How to Walk* is a unique gift for all ages, sharing a simple practice that can have a profound effect on practitioners.

Part memoir, part natural history, part mindfulness guide, this charming love letter to the natural world explores the many ways animals can enrich our lives. To be alienated from animals is to live a life that is not quite whole, contends nature writer Tai Moses. Urban and suburban residents share their environment with many types of wildlife: squirrels, birds, spiders, and increasingly lizards, deer, and coyote. Many of us crave more contact with wild creatures, and recognize the small and large ways animals enrich our lives, yet don't notice the animals already around us. *Zooburbia* reveals the reverence that can be felt in the presence of animals and shows how that reverence connects us to a deeper, better part of ourselves. A lively blend of memoir, natural history, and mindfulness practices, *Zooburbia* makes the case for being mindful and compassionate stewards—and students—of the wildlife with whom we coexist. With lessons on industriousness, perseverance, presence, exuberance, gratitude, aging, how to let go, and much more, Tai's vignettes share the happy fact that none of us is alone and separate, and that our teachers are right in front of us. We need only go outdoors with our eyes and ears open to find a rapport with the animal kingdom. *Zooburbia* is a magnifying lens turned to our everyday environment, reminding us that we, as individuals and as a species, are not alone. Illustrated by Dave Buchen with original black and white wildlife linocuts.

The captivating autobiography of the first Western nun ordained in Thich Nhat Hanh's Vietnamese Zen lineage. In 1988, Sister Annabel Laity became the first Western person to be ordained as a monastic disciple in Thich Nhat Hanh's Vietnamese Zen lineage. She was given the Dharma name Chan Duc, which means True Virtue. Thirty years later, Sister Annabel is a much-loved senior Dharma teacher in the Plum Village community. She teaches and leads retreats worldwide, and is widely recognized as an accomplished and insightful Buddhist scholar.

In this autobiography, Sister True Virtue shares the trials and joys of her lifelong search for spiritual community. First inspired by the kind Catholic nuns who ran her primary school, she encounters Buddhism while studying ancient languages at university in England. A few years later, when teaching classics in Greece, she meets a Tibetan Buddhist nun, an encounter that changes the course of her life and eventually leads her to her teacher, Thich Nhat Hanh, and to her spiritual home in Plum Village, Thich Nhat Hanh's practice center in France. True Virtue is a timeless testament to the importance of spiritual exploration, and offers a unique perspective on Thich Nhat Hanh's monastic community.

If you want to successfully add more bold fronds and a tropical style to your landscape, *Designing With Palms* is the comprehensive book for you. Palms are a landscape staple in warm, temperate climates worldwide. But these stunning and statement-making plants are large, expensive, and difficult to install, resulting in unique design challenges. In *Designing with Palms*, palm expert Jason Dewees details every major aspect of designing and caring for palms. This definitive guide shares essential information on planting, irrigation, nutrition, pruning, and transplanting. A gallery of the most important species showcases the range of options available, and stunning photographs by Caitlin Atkinson spotlight examples of home and public landscapes that make excellent use of palms.

The first book in the Mindfulness Essentials Series by Zen Master Thich Nhat Hanh, *How to Sit* offers clear, simple directions and inspiration for anyone wanting to explore mindfulness meditation. In short, single-paragraph chapters, Nhat Hanh shares detailed instructions, guided breathing exercises and visualizations, as well as his own personal stories and insights. This pocket-sized book is perfect for those brand new to sitting meditation as well as for those looking to deepen their spiritual practice. With sumi ink drawings by Jason DeAntonis.

Love in Action is a collection of over two decades of Thich Nhat Hanh's writing on nonviolence, peace, and reconciliation. Reflecting on the devastation of war, he makes the strong argument that mindfulness, insight, and altruistic love are the only sustainable bases for political action. This timeless book is an important resource for those interested in social change.

Hermitage Among the Clouds tells the story of the fourteenth century Princess Amazing Jewel, the daughter of one of Vietnam's greatest historical Zen master kings. This beautifully written story expresses the suffering caused by war and conflict, the transformative potential of a commitment to practicing peace and building reconciliation, and the simple beauty of a spiritual life. Thich Nhat Hanh gives us a window into Vietnam's past and at the same time, offers compelling insights about contemporary Southeast Asia and the world.

Homer's *Odyssey* holds a timeless allure. It is an ancient story for every generation: the struggle of a man on a long and difficult voyage longing to return to love and family. Odysseus's strivings to overcome both divine and earthly obstacles and to control his own impulsive nature hold valuable lessons for us as we confront the challenges of daily life. *Sailing Home* breathes fresh air into a classic we thought we knew, revealing its profound guidance for the modern seeker. Dividing the book into three parts—"Setting Forth," "Disaster," and "Return"—Fischer charts the course of Odysseus's familiar wanderings. Readers come to see this ancient hero as a flawed human being who shares their own struggles and temptations, such as yielding to desire or fear or greed, and making peace with family. Featuring thoughtful meditations, illuminating anecdotes from Fischer's and his students' lives, and stories from many wisdom traditions including Buddhist, Judaic, and Christian, *Sailing Home* shows the way to greater purpose in our own lives. The book's literary dimension expands its appeal beyond the Buddhist market to a wider spiritual audience and to anyone interested in the teachings of myth and story.

In this sequel to *The Miracle of Mindfulness*, Thich Nhat Hanh draws on psychology, philosophy, and contemporary physics to investigate meditation and interdependence. Rooted in Buddhist understanding, *The Sun My Heart* is at once an intellectual adventure and an inspiration to practice.

Short, potent lessons on living the yoga and Buddhist paths in the midst of everyday life—by teacher Michael Stone. These fresh, intimate teachings by innovative dharma and yoga teacher Michael Stone offer essential wisdom for living with compassion and responsiveness in the midst of everyday life in an imbalanced world. Stone reminds us in a clear and encouraging way that as we turn wholeheartedly toward what is, with our bodies, hearts, and minds, we discover innate resilience and enliven our creative ability to respond. Practice, he shows, is always both internal and external.

The Sun My Heart is one of Thich Nhat Hanh's most beloved books. It was written as a sequel to *Miracle of Mindfulness* and contains the journey, on the path of everyday practice, from mindfulness to insight in an informational, conversational manner. Using the objects and events of everyday life in his hermitage in Plum Village—the gradual settling of the pulp in a glass of apple juice or the wind blowing into the room and scattering papers about—Thich Nhat Hanh draws from Buddhist psychology, epistemology, and the world of contemporary literature and science to guide the reader along the path of clarity and understanding. This book can be read straight through, but is also designed to be opened randomly and experienced chapter by chapter, paragraph by paragraph. Thich Nhat Hanh suggests in the Introduction that *The Sun My Heart* "prefers to be a friend rather than a book. You can take it with you on the bus or subway as you do your coat or your scarf. It can give you small moments of joy at any time."

Best known for his Buddhist teachings, Thich Nhat Hanh has lived in exile from his native Vietnam since 1966. These remarkable early journals reveal not only an exquisite portrait of the Zen master as a young man, but the emergence of a great poet and literary voice of Vietnam. From his years as a student and teaching assistant at Princeton and Columbia, to his efforts to negotiate peace and a better life for the Vietnamese, *Fragrant Palm Leaves* offers an elegant and profound glimpse into the heart and mind of one of the world's most beloved spiritual teachers.

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