



Community of Interbeing UK

Book Service

Registered Charity No 4623280, Registered Company No. 109668

We have pleasure in presenting **Thich Nhat Hanh's** extensive book list.

If you have any queries, please contact [Ian Parker](mailto:bookservice@coiuk.org) on: -- bookservice@coiuk.org or 077997 44944. If you need any books by **Thich Nhat Hanh** that do not appear on this list, please let him know. Any suggestions for improvements to the Book Service are most welcome.

BOOKS

All books listed are in alphabetical order and written by Thich Nhat Hanh unless otherwise stated.

Letter codes for Books:

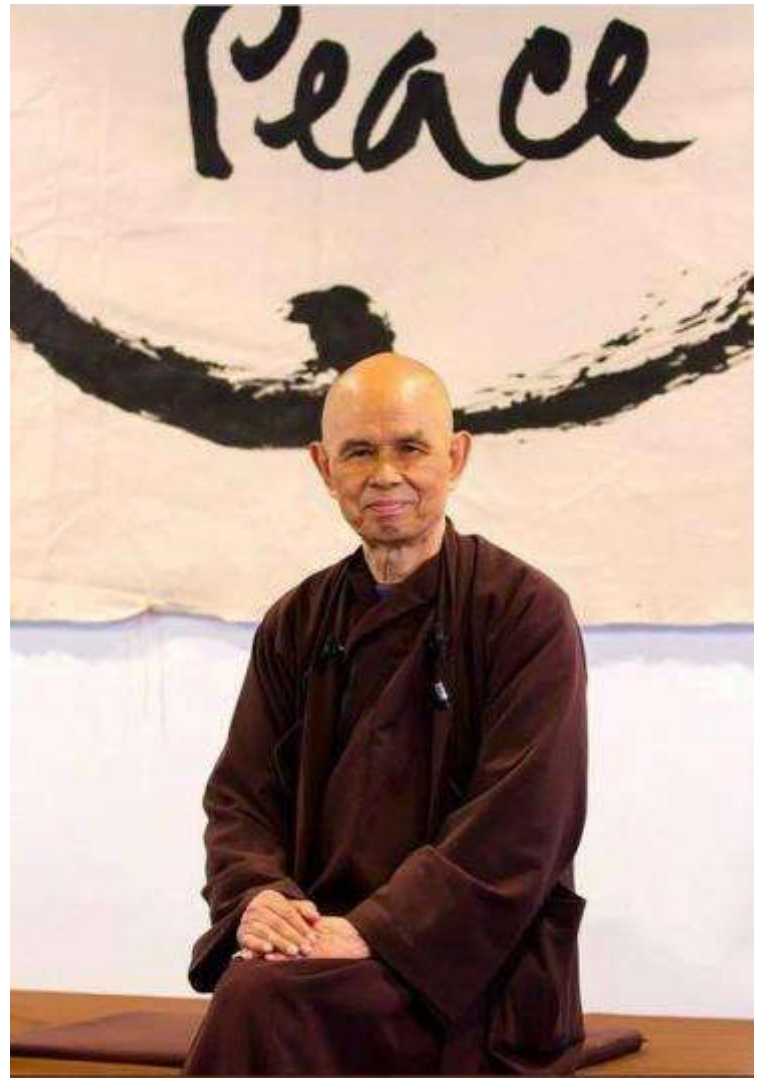
(G) General Interest

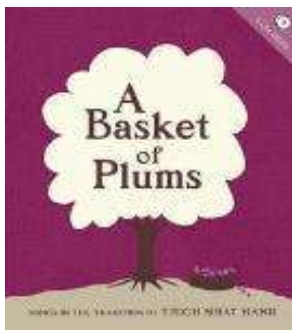
(C) Children's Books

(S) Sutras

(SB) Sangha Building

(BC) Buddhism and Christianity

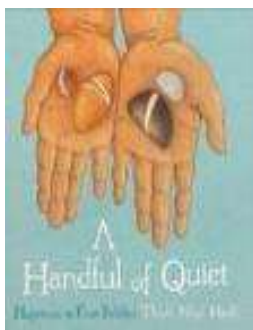




A Basket of Plums Songbook: Music in the Tradition of Thich Nhat Hanh (G)

A visit to Plum Village means singing lots of songs as joyful celebrations of mindfulness practice: songs for walking meditation, songs for planting a tree, songs for children, and mindfulness verses set to music. *Basket of Plums* collects forty-eight popular songs from Plum Village, and includes both music notation and lyrics. Familiar to those who have attended retreats with Thich Nhat Hanh, and inspiring for daily practice, this songbook provides musical support for individuals, families and Sangha

gatherings. **£11.00 Paperback 61 pages without CD's**



A Handful of Quiet (C)

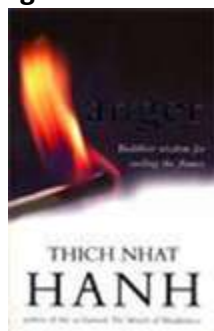
Pebble meditation is a fun, unique, and innovative method of introducing children to the practice of meditation. *A Handful of Quiet* contains complete instructions for pebble meditation designed to involve children in a hands-on and creative way that touches on their interconnection with nature. Whether practiced alone or with the whole family, pebble meditation can help relieve stress, increase concentration, nourish gratitude, and help children deal with difficult emotions. **£12.00 Hardback 64 pages**

A Pebble for Your Pocket: Mindful Stories for Children and Grown-ups (C)



A Pebble for Your Pocket presents the basic teachings of the Buddha in accessible and modern language. Through vivid metaphors, original allegories, and colourful stories, young people learn about handling anger, living in the present moment, and "Interbeing" --the interconnectedness of all things. Thich Nhat Hanh teaches ways to practice mindfulness in order to cultivate peace and happiness and to awaken the Buddha-nature that exists in all of us. **£8.00 Paperback 144 pages**

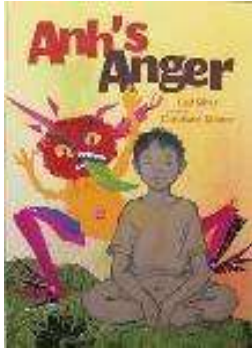
Anger: Wisdom for Cooling the Flames (G)



It was under the Bodhi tree in India 2500 years ago that Buddha achieved the insight that three states of mind were the source of all our unhappiness: ignorance, obsessive desire and anger. All are equally difficult to control but, in one instant of anger, lives can be ruined, and our spiritual development can be destroyed. It is one of the most powerful emotions and one of the most difficult to change. Thich Nhat Hanh offers a fresh perspective on taking care of our anger as we would take care of a baby crying - picking it up, talking quietly to it, probing for what is making the baby cry. In this bestseller, Thich Nhat Hanh shares his deep understanding of the most difficult challenges, and gives us tools to transform this energy into compassion and wisdom. **£11.00 Paperback 234**

pages

Anh's Anger (C)



Anh's Anger is an engaging story that offers children and caregivers a mindfulness-based practice for dealing with anger and other difficult emotions. Anh, a five-year-old boy, comes to know his anger when they dance, play, sit and breathe together, actively creating a space for Anh to resolve an earlier conflict with his grandfather and understand the causes of a strong emotion.

£14.00 Hardcover 40 pages

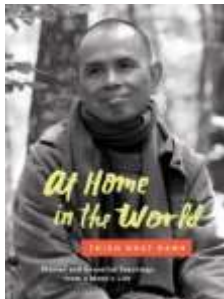
Answers from the Heart: Practical Responses to Life's Burning Questions (G)



What is the right way to live? How do I balance my work and my family? Why do I worry, even when everything is okay? How can I repair my relationship with my parents? In *Answers from the Heart*, each answer is a concise summary of Thich Nhat Hanh's own insight based on his lifetime of practice. Together, the questions and answers provide a useful guide for dealing with concrete problems, an accessible way into Buddhist teachings, and a lively glimpse into the connection between students and their teacher.

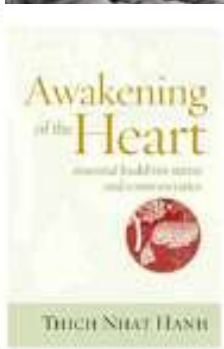
£16.00 Paperback 184 pages

At Home in the World: Stories and Essential Teachings from a Monk's life, by Thich Nhat Hanh (G)



This is a collection of autobiographical stories from the life of Thich Nhat Hanh. They range from his childhood to his years as a teenage novice, young teacher and writer in war-torn Vietnam. Later we see him travelling widely to teach mindfulness, founding practice centres and monasteries around the globe, and influencing world leaders. Here, Thich Nhat Hanh uses storytelling to share important insights drawn from his own rich and remarkable life, and from the lives of others. **£13.00 Paperback 188 pages**

Awakening of the Heart: Essential Buddhist Sutras and Commentaries (S)



Awakening of the Heart is a comprehensive single volume edition of Thich Nhat Hanh's sutra translations and commentaries on key Buddhist sutras. *Awakening of the Heart* contains nine sutras and their commentaries. With discussions on both historical events and how the sutras are relevant for daily life, *Awakening of the Heart* is a spiritual bridge that brings the Buddha's teachings alive. Thich Nhat Hanh's contemporary and accessible interpretations make these commentaries useful for anyone today, from experienced practitioners to those new to Buddhism or mindfulness practice.

£28.00 Paperback 608 pages

Baby Present (C)



You and your baby are perfect just as you are!

Inspired by Thich Nhat Hanh, *Baby Present* is a reminder to stop and enjoy being with your baby in the middle of all that is going on around you. A lovely book for babies, parents and (perhaps especially) grand-parents!

£5.00 Boards 16 pictures (Reduced Price)

Be Free Where You Are: A talk given at the Maryland Correctional Institute (G)



Freedom is not given to us by anyone; we have to cultivate it ourselves. —Thich Nhat Hanh. 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.

£8.00 6"x 4" Pocket size Paperback 80 pages.

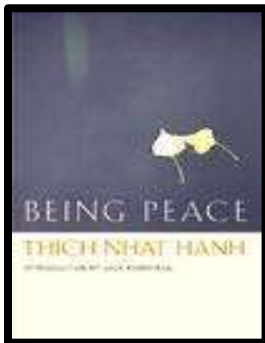
Be Still and Know: Reflections from *Living Buddha, Living Christ* (BC)



When you are a truly happy Christian, you are also a Buddhist —Thich Nhat Hanh. In his acclaimed national bestseller, *Living Buddha, Living Christ*, renowned thinker and scholar Thich Nhat Hanh explored the deep spiritual connections between Christianity and Buddhism. He uses selections from his ground-breaking work to create a handbook of meditations and reflections that reawaken our understanding of both religions--and enrich our daily lives through personal contemplation. It is an inspiration to all who embrace its universal message of peace--a profound and moving work that illuminates two of the world's greatest traditions of spiritual thought.

£8.00 Mini- Paperback 93 Pages

Being Peace (G)



Being Peace is a classic of contemporary religious literature and an excellent introduction to the writings of Thich Nhat Hanh and to Engaged Buddhism. Now in its fourteenth printing, with more than 150,000 copies in print, *Being Peace* continues to be our most widely-read book. This eloquent meditation on "being peace in order to make peace" is more relevant than ever. A book for everyone concerned about the state of the world and the quality of our lives, it has lost none of its timeliness since it was first published in 1987. It is filled with practical suggestions on how to create a more peaceful world "right in the moment we are alive." This newly revised, beautiful edition is the perfect starting point for those who are getting their first introduction to Buddhism as well as a must-have for those already engaged in the tradition.

£8.00 Paperback 116 pages

Beyond the Self: Teaching on the Middle Way (S)



"We all have suffering. If we look deeply into the nature of that suffering, we can see the causes and conditions near and far that have brought it about."

Beyond the Self contains Thich Nhat Hanh's original translation of the Sutra on the Middle Way, as well as his commentary on how we can use this teaching to gain better understanding of non-duality. The core teaching provides a way to navigate our suffering and difficulties and find peace of mind and contentment.

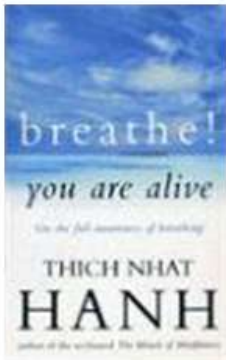
£8.00 Mini-paperback 52 pages

Breathe (G)



This is a two-colour journal with black and white images and Buddhist wisdom throughout. This thoughtful and elegant journal features over fifty of Thich Nhat Hanh's best loved breathing *gathas*, interspersed with inspirational photographs and meditation practice instructions from the Plum Village community.

£14.00 Paperback with rounded corners, lay-flat binding 192p

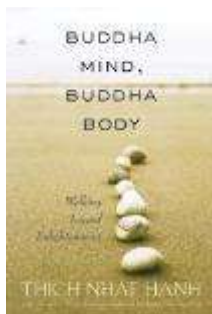


Breathe, You Are Alive! : Sutra on the Full Awareness of Breathing (S)

'Breathing brings the secret joy of meditation to you. You become joyful, fresh and tolerant and everyone around you will benefit.

The Sutra on the Full Awareness of Breathing is one of the three most essential teachings of the Buddha. In *Breathe! You Are Alive*, scholar, poet and Zen master Thich Nhat Hanh unfolds this core teaching, showing how to apply it to everyday life. *Breathe! You Are Alive* shows how we all begin to take in peace and happiness with each and every breath in our life.

£7.00 Paperback 68 pages

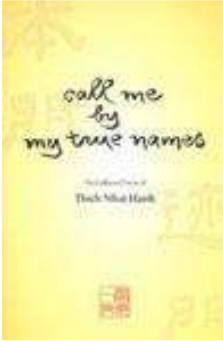


Buddha Mind, Buddha Body: Walking Towards Enlightenment (G)

In this inspirational follow-up to [Understanding Our Mind](#), Thich Nhat Hanh uses his inimitable light, clear, often humorous style to show us how to integrate mindfulness and joy in body, mind, and spirit. *Buddha Mind, Buddha Body* details key physical and mental practices to strengthen and reconnect with our whole being.

£12.00 Paperback 160 pages

Call Me by My True Names: The Collected Poems of Thich Nhat Hanh (G)

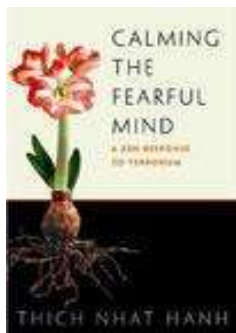


In this collection of more than 100 poems composed over the last forty years, Thich Nhat Hanh's clarity shines forth, transforming the pain and difficulty of war and exile into a celebration of awareness and the human spirit.

"When we despair for our world, this book is a wise friend to turn to."—*Essential Living*

£24.00 Paperback 202 pages

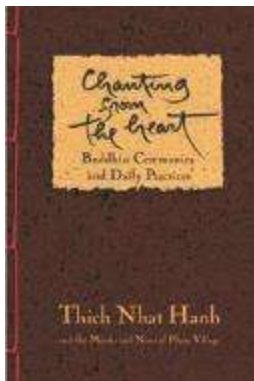
Calming the Fearful Mind: A Zen Response to Terrorism (G)



In a time of terrorism and uncertainty, how can we feel truly safe? *Calming the Fearful Mind* offers key teachings designed to help heal the misunderstanding, fear, and hatred that divide us as individuals, groups, and nations. Zen Master Thich Nhat Hanh looks at the roots of terrorism and fear, and offers step-by-step instructions for calming the mind and looking deeply into our own misperceptions. His own generosity of spirit and love for all beings models a path out of uncertainty and towards peace and the understanding of how terrorism can be transformed and uprooted.

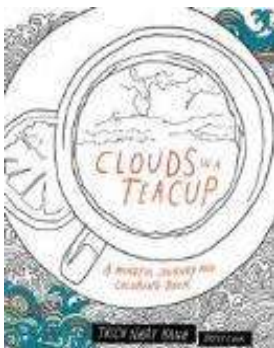
£11.00 Paperback 160 pages

Chanting From the Heart: Buddhist Ceremonies and Daily Practices 2013 edition (G) RECENTLY REVISED AND UPDATED EDITION



The only comprehensive Buddhist chanting book, *Chanting from the Heart* is a perfect resource for everyday practice, weddings, funerals, and other special ceremonies. Drawn from traditional and ceremonial texts used at Plum Village, Thich Nhat Hanh's, retreat centre in France, and originally released as *Plum Village Chanting and Recitation Book*, this new paperback edition has been completely revised and updated with some of the Buddha's most fundamental teachings. Sheet music for many of the songs is included.

£25.00 Paperback 431 pages

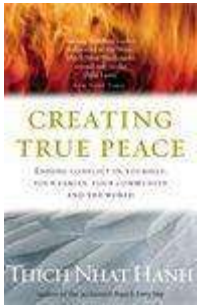


Clouds in a Teacup: A Mindful Journey and Colouring Book

Step away from the stress and worry of everyday life! Thich Nhat Hanh paves the way with gentle wisdom accompanied by intricate line drawings from artist Brett Cook. With plenty of space for you to add your own colour and style, these drawings awaken the healing potential of the creative process.

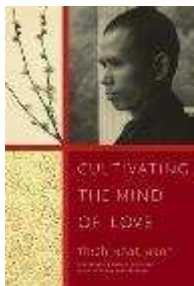
£12.00 Paperback 80 pages

Creating True Peace: Ending Violence in Yourself, Your Family, Your Community, and the World (G)



Creating True Peace is a profound work of spiritual guidance and a practical blueprint for peaceful inner change and global change. It is Thich Nhat Hanh's answer to our deep-rooted crisis of violence and our feelings of helplessness, victimization, and fear. He shows us 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. It shows us that we can make a difference, we are not helpless: we can create peace here and now.

£11.00 Paperback 208 pages



Cultivating the Mind of Love (G)

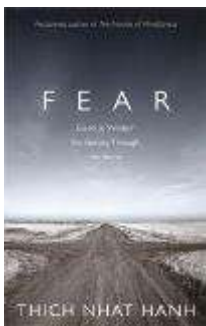
In *Cultivating the Mind of Love* Thich Nhat Hanh shares a most unusual Dharma teaching: the story of his first love. He pairs these heartfelt moments in his own life with insightful commentaries on classic Buddhist teaching including the Diamond, Lotus, and Avatamsaka Sutras. With masterful simplicity and clarity, he shows ways to cultivate our own "mind of love" and allows readers to experience and to appreciate what is human and wonderful in all of us. **£12.00 Paperback 136 pages**

Each Breath a Smile: Sister Thuc Nghiem and Thich Nhat Hanh (C)



Each Breath a Smile introduces young children to the beauty and transformative power of breathing: breathing to calm and collect, breathing to connect to friends and relatives, breathing to bring the beauty of the world into focus. It will delight children with its colourful illustrations, while serving as a valuable resource for parents and teachers. Written by Sister Susan (Thuc Nghiem) and based on the teachings of Thich Nhat Hanh, this book has twenty-eight full-page colour illustrations by Nguyen Thi Hop and Nguyen Dong. Ages 3-6 **£8.00 Paperback 32 pages**

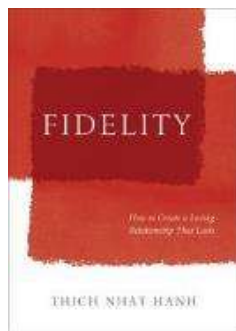
Fear: Essential Wisdom for Getting Through the Storm (G)



Most of us live in a constant state of fear—of our past, of illness and aging and death, and of losing the things we treasure most. But it doesn't have to be this way, promises Zen master and Buddhist monk Thich Nhat Hanh.

Drawing on a lifetime of mindfulness in action, Thich Nhat Hanh shows us how to use the practice of living in the present to acknowledge and embrace our fears, recognize their origins, and render them powerless. The world-renowned Zen teacher guides us through practical exercises for transforming fear into clarity. **£14.00 Paperback 164 pages**

Fidelity: How to Create a Loving Relationship That Lasts (G)



What does healthy intimacy look like? How can we get a new relationship off to a strong and stable start? How do we keep the energy and passion alive in our long-term relationships? How do we take care of our jealousy, restlessness, and loneliness? *Fidelity* addresses these and other questions concerning our most intimate relationships.

£11.00 Hardcover 142 pages



Finding Our True Home: Living in the Pure Land Here and Now (S)

Finding Our True Home is an examination of the Amitabha Sutra, a central sutra of the Pure Land School of Buddhism. Thich Nhat Hanh skilfully melds mindfulness practice and Pure Land Buddhism in his commentary and shows the relevance of the practice for people of all faiths. Everyone has the desire to create and live in an environment that is a "Pure Land" — a place of peace and harmony. He reveals how students of meditation can use Pure Land practice as one of many Dharma doors that can bring happiness and transform suffering. A practice since the time of the Buddha, Pure Land practice puts us in touch with the beauty in our own world and brings us security, solidity, and freedom.

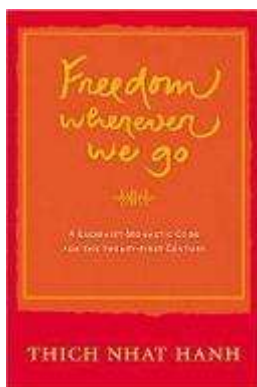
£12.00 Paperback 140 pages

Fragrant Palm Leaves: Journals 1962-1966 (G)

Thich Nhat Hanh's journals of the early 1960s reveal a vulnerable and questioning young man. As a student at Princeton and Columbia Universities, he shares his reflections on the state of humanity as well as the many difficulties he faced at home in trying to make Buddhism relevant to his people's needs. We see Thich Nhat Hanh as he returns to Vietnam and establishes the movement known as "engaged Buddhism" -- starting self-help villages, a new university, a Buddhist order, and many other efforts for peace. It also offers us a model of how to live fully, with awareness, during a time of challenge and upheaval.

£11.00 Paperback 224 pages

Freedom Wherever We Go: A Buddhist Monastic Code for the Twenty-first Century (G)



Freedom Wherever We Go takes the centuries-old Buddhist monastic guidelines of conduct (Pratimoksha) and updates them for the twenty-first century. "The Buddha," Thich Nhat Hanh says, "needs courageous disciples to make this revolutionary step." This is the first time that this text is made available to lay practitioners and non-monastic readers. It will nourish the practice of all practitioners. It can inspire everyone to go in the direction of living our daily lives with compassion, love, and understanding in order to protect and care for ourselves, our loved ones, the environment, and all living beings.

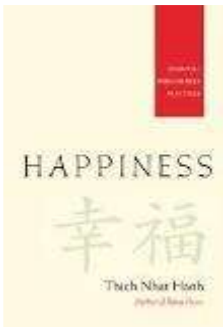
£14.00 Paperback 160 pages



Good Citizens: Creating Enlightened Society (G)

Good Citizens is Zen Master Thich Nhat Hanh's bold contribution to the creation of a shared global ethic. Thich Nhat Hanh lays out a vision based on the Four Noble Truths that speak to people of all faiths, cultures, and political beliefs. If we understand them closely, can be a guide to help us think, act, and speak in ways that bring more joy and peace to ourselves and others.

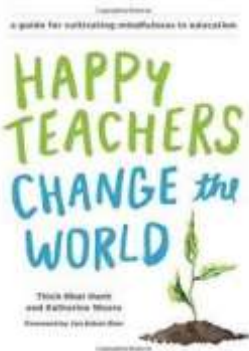
£14.00 Paperback 144 pages



Happiness: Essential Mindfulness Practices (G)

Thich Nhat Hanh encourages his readers to try to be intelligent and skilful in their practice, approaching every aspect of the practice with curiosity and a sense of investigation. With sections on Daily Practice, Relationships, Physical Practices, Mindful Eating, and Practising with Children, *Happiness* is a comprehensive guide to living our daily lives with full awareness, whether we are working, eating, parenting, driving, walking, or simply sitting and breathing. *Happiness* is the only book that collects all practices adapted and developed by Thich Nhat Hanh, along with his community, in his more than 60 years as a Buddhist monk and teacher.

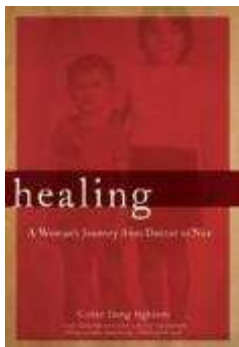
£12.00 Paperback 120 pages



Happy Teachers Change the World (G)

Presented in secular language appropriate for many classrooms, the instructions in *Happy Teachers Change the World* are offered as basic, bare-bones mindfulness practices taught by Thich Nhat Hanh, followed by down-to-earth guidance for educators who use and teach the practices in their classrooms, with ample in-class interpretations, activities, tips and student responses.

£16.00 Paperback 340 pages

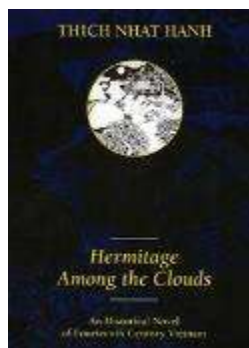


Healing by Sister Dang Nghiem (G)

This extraordinary story takes the reader from the rice fields of Vietnam to the peaceful surroundings of Thich Nhat Hanh's monastery in Plum Village. *Healing* traces a young woman's path from an abusive childhood in a war-torn Vietnam, to a promising career as a medical doctor and poet, to finally finding true happiness as a nun. With humour, insight, and an irrepressible sense of joy, Sister Dang Nghiem's story demonstrates how one woman's unique path can provide clarity and guidance for everyone.

£10.00 Paperback 120 pages (Out of print but available with patience!)

Hermitage Among the Clouds: An Historical Novel of Fourteenth Century Vietnam (G)



Set at the turn of the fourteenth century, this historical novel tells the story of Princess Amazing Jewel and her father, King Tran Nhan Tong who abdicated the throne at the height of his illustrious career to become a Buddhist monk and later to establish the Bamboo Forest School of Vietnamese Zen Buddhism.

"Thich Nhat Hanh's writing has a lightness, a loveliness and a delicacy that calms and nourishes."—*Inquiring Mind*

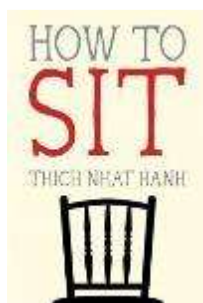
£12.00 Paperback 144 pages

How to Enjoy Your Practice-- See also Sangha Practice Booklet

How to Enjoy Your Practice is a booklet to be used as an introduction to the practice of Mindfulness, to help us to continue the practice in our everyday lives at work and at home, as well as in the Sangha. We can learn to live every moment with mindfulness and with awareness of what we are doing. The headings include: Conscious Breathing, Sitting Meditation, Walking Meditation, Dharma Sharing, Tea Meditation, Plum Village Songs, Five Mindfulness Trainings, Practicing with Children, Deep Relaxation, Touching the Earth and Beginning Anew. This is a booklet that most people start with to get a general view of Mindful Practice.

£4.00 Paperback 46 pages (Reduced price of £3.00 available for bulk orders of 20 or over)

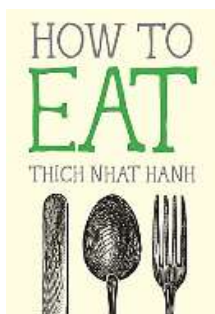
How to Sit (G)



How to Sit provides simple directions on the mechanics of posture and breathing, along with instructions for how best to achieve the awakened, relaxed, state of clarity and to cultivate concentration and compassion. Thich Nhat Hanh shares a series of secular guided meditations that help us return to our breath, spend some time in the present moment, and come home to ourselves.

£5.00 Paperback 120 pages

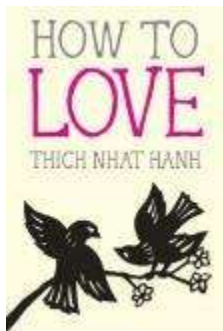
How to Eat (G)



How to Eat covers everything from eating with others and enjoying our food to connecting with the Earth. These short meditations by Thich Nhat Hanh touch on all aspects of eating, including gardening, food shopping, preparing, serving and clearing up after a meal. *How to Eat* is a welcome reminder that the benefits of mindful eating are both personal and global.

£5.00 Paperback 128 pages

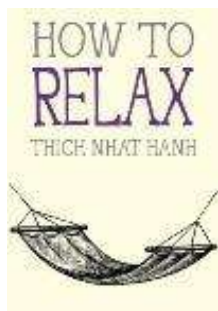
How to Love (G)



Thich Nhat Hanh offers short meditations on being in love, physical intimacy, children and family, crushes and much more. You can do these alone or with your partner to expand your capacity to love.

£5.00 Paperback 128 pages

How to Relax (G)



Thich Nhat Hanh shares techniques for bringing our lives back into balance. These short meditations on healing, resting, solitude and being un-busy offer the pleasure of relaxation no matter where you are.

£5.00 Paperback 120 pages

How to Walk (G)



When you touch the Earth with awareness, you can stop “sleepwalking” and arrive fully in the present moment. Thich Nhat Hanh shares practices, meditations and stories about the power and potential impact of each step to increase our insight and joy in being alive.

£5.00 Paperback 120 pages

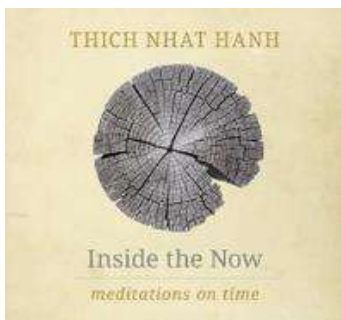
I am Elemental – Poems from the Silence by Lauri Bower (POETRY)



I am Elemental is the second in a series of poems based in mindfulness.

These were all written between 2014 and 2015, several at Plum Village.

£6.00 Paperback 24 pages

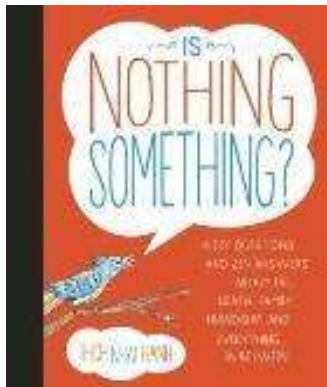


Inside the Now – meditations on time (G)

Thich Nhat Hanh shares the essence of his lifetime of spiritual seeking in this intimate and poetic work, inspired by the classic text *Being Time* by the Japanese Zen Master Dogen. Accompanied by Thich Nhat Hanh's own meditative calligraphy and enriched with poetry, the book invites the reader to enter a deep space of stillness and timelessness. *Inside the Now* is the last work Thich Nhat Hanh wrote himself, and is also one of his most personal works.

£10.00 Hardback 160 pages

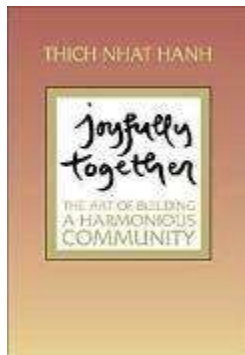
Is Nothing Something? (C)



Kids' Questions and Zen Answers about Life, Death, Family, Friendship, and Everything in Between: in *Is Nothing Something?* Thich Nhat Hanh answers heartfelt, difficult, and funny questions from children of all ages. Beginning with the most basic questions, "What is important in life?" and "Why is my brother mean to me?" and progressing through issues that we all wrestle with, such as "How do I know if I really love somebody?", "How long am I going to live?" and "What does God look like?", each page presents a question with a short answer from Thich Nhat Hanh and full colour illustrations by Jessica McClure.

£11.00 Hardcover 40 pages

Joyfully Together: The Art of Building a Harmonious Community (G)



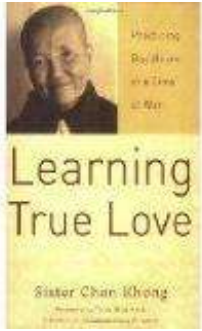
In *Joyfully Together*, Thich Nhat Hanh explores the spiritual, emotional, and practical aspects of developing a community for life. He stresses the importance of communication in all our relationships as the basis for resolving difficulties and maintaining an atmosphere of harmony in Sangha, families, and even nations. Based on the experience of the Buddhist monastic community in Plum Village, the book presents both traditional and evolving practices applicable to current global concerns of peace and security, reconciliation, and mediation. *Joyfully Together* provides concrete methods for nonviolent communication that can help any community live together in joy and harmony. **£10.00 Paperback 100 pages**

Keeping the Peace: Mindfulness and Public Service (G)



In *Keeping the Peace*, Thich Nhat Hanh challenges the traditional thinking about the work of police officers, social workers, and other public servants. In clear and simple prose, he speaks to all who work in difficult, people-oriented jobs and shows how to transform anger, stress, and frustration. In this original and ground-breaking work, Thich Nhat Hanh suggests that mindfulness practices can be an integral part of training for public service and can become a key component in creating peace and community. He encourages all of us to "serve with compassion" in our work life and support each other as a Sangha (community). He makes a compelling case for the belief that the first step in keeping the peace is cultivating inner peace. **£12.00 Paperback 130 pages**

Learning True Love by Sister Chan Khong: Practicing Buddhism in a Time of War (G)



This unique autobiography tells the gripping story of a woman who not only lived, but made history. This fully revised edition follows Sister Chan Khong's courageous journey from Vietnam to France, and then back to Vietnam after forty years in exile.

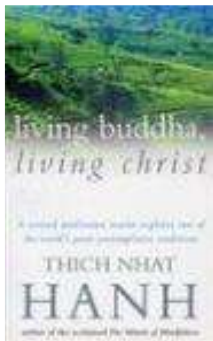
£16.00 Paperback 260 pages



Life Sustaining Way of the Heart by Thich Tinh Tu (G)

The virtue of these 16 Bamboo Stick Exercises is to prevent and cure illness. You need only have patience, practising 30 minutes each morning. The movements were invented by Mai Bac Dau and revised by Zen master Tinh Tu, who put the instructions together and added photographs to make them easier to remember and practise.

£6.00 Booklet 44 pages (reduced price for slightly imperfect copies)

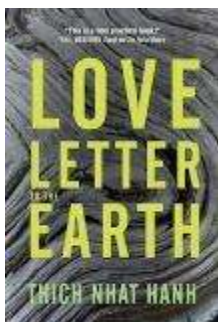


Living Buddha, Living Christ (BC)

In *Living Buddha, Living Christ*, Thich Nhat Hanh sets out for the first time, his understanding of Jesus Christ and the inspiration he finds in the Gospels. With a lightness of touch only an outsider can bring, he depicts the joyful, contemplative heart at the centre of the Christian tradition. Thich Nhat Hanh responds to the Pope's recent remarks on Buddhism while laying out his own hopeful vision of the common purpose shared by these two great world religions.

£11.00 Paperback 208 pages

Love Letter to the Earth (G)



Thich Nhat Hanh believes that we need to move beyond the concept of the "environment," as it leads people to experience themselves and Earth as two separate entities and to see the planet only in terms of what it can do for them. Thich Nhat Hanh deems it vital that we recognize and respond to the stress we are putting on the Earth if civilization is to survive and shows that mindfulness and a spiritual revolution are needed to protect nature and limit climate change. *Love Letter to the Earth* is a hopeful book that gives us a path to follow by showing that change is possible only with the recognition that people and the planet are ultimately one and the same. **£11.00 Paperback 144 pages**

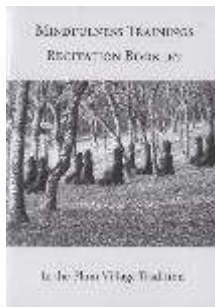
Making Space: Creating a Home Meditation Practice (G)



For those new to meditation and mindfulness practices, *Making Space*, contains the most popular and transformative practice of Zen Master Thich Nhat Hanh in a pocket-sized book that can be a help and companion at any time during the day. Learn how to create a Breathing Room for sitting meditation, and transform any space into a place of retreat and sanctuary with this inspiring guide.

£8.00 Gift-Paperback 92 pages

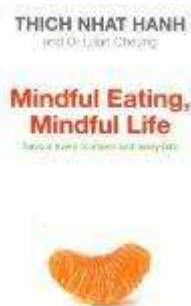
Mindfulness Trainings Recitation Booklet in the Plum Village Tradition (SB)



This is a very useful new booklet containing the five and fourteen trainings together with details of the ceremony for a formal recitation.

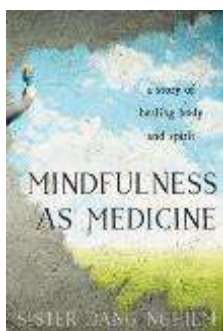
£4.00 Booklet 28 pages (Reduced price of £3.00 available for bulk orders of 20 or more)

Mindful Eating, Mindful Life: Savour Every Moment and Every Bite (G)



Thich Nhat Hanh and Harvard nutritionist Dr. Lilian Cheung show us how to end our struggles with weight once and for all in this guide to healthy eating. Offering practical tools, including personalized goal setting, a detailed nutrition guide, and a mindful living plan, the authors help us to uncover the roots of our habits and then guide us as we transform our actions. This book teaches us how to easily adopt the practice of mindfulness and integrate it into eating, exercise, and all facets of our daily life, so that being conscious and present become a core part of our being. It not only helps us achieve the healthy weight and well-being we seek, but it also brings to the surface the rich abundance of life available to us in every moment.

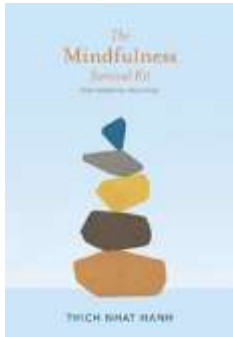
£11.00 Paperback 292 pages



Mindfulness as Medicine by Sister Dang Nghiem (G)

With honesty and emotional vulnerability Sister Dang Nghiem leads readers through her profound journey of healing, sharing step-by-step instructions she uses to embrace and transform her suffering.

£17.00 Paperback 348 pages



Mindfulness Survival Kit: Five Essential Practices (G)

With this book (previously published as “For a Future to be Possible”), Thich Nhat Hanh contributes to current thinking on how we can define secular guidelines that will allow us to create a compassionate and healthy way of living.

The Five Mindfulness Trainings (also referred to as “Precepts”) are the basic statement of ethics in Buddhism. Thich Nhat Hanh discusses the value and meaning of each training, offering insights into the role that it could play in our changing society and argues eloquently for their applicability in our daily lives and on a global scale.

£10.00 Paperback 203 pages

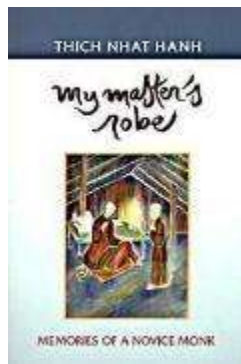
Moments of Mindfulness: Daily Inspiration (G)



This beautifully designed gift book contains many of the best-loved inspirational quotations and passages from Zen master Thich Nhat Hanh. It has basic meditation instructions and messages of peace, love, insight, understanding, and compassion. *Moments of Mindfulness* is a perfect journal for spiritual exploration and is intended to be used as a personal notebook, or to simply read for everyday inspiration, and to help bring mindful practices and reflection to daily life. With illustrations by Jenifer Kent, beautiful details and design, it makes a wonderful gift.

£14.00 Hardcover 160 pages

My Master's Robe: Memories of a Novice Monk (G)



This book is a collection of autobiographical stories highlighting Thich Nhat Hanh's experience as a novice monk in Vietnam. We are given a portrait of Thich Nhat Hanh as a young man testing the Buddhist teachings, planting seeds that would carry him through the ordeals of the Vietnam War and its aftermath. The simplicity and clarity of monastic life provides the background against which characters are lovingly presented: the elderly cook, the master who sews by lamplight, the lizard who dares to eat rice offered for the Buddha, the young French soldier seeking understanding, and others.

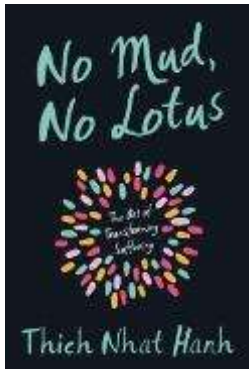
£6.00 Paperback 100 pages

No Death, No Fear: Comforting Wisdom for Life (G)



No Death, No Fear offers readers a fresh perspective on how to understand death and stop fearing life. It is possible to live every day without being afraid of what will happen when we die. Through a close examination of who we are, how we exist, and how we live, we can conquer our fears to live a freer and happier life. Through stories and lucid teachings, Thich Nhat Hanh brings peace of mind to a difficult subject and shows us how to live a happier life, free of fear.

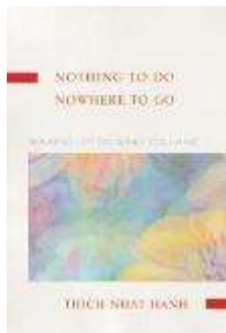
£13.00 Paperback 208 pages



No Mud, No Lotus by Thich Nhat Hanh (G)

"When we know how to suffer", says Thich Nhat Hanh, "we suffer much, much less". With lucidity and humour, he helps us recognize the wonders inside us and around us that we take for granted and teaches us how to be truly happy. He shares how the practices of stopping, mindful breathing and deep concentration can help us to embrace emotional and physical pain and calm it down.

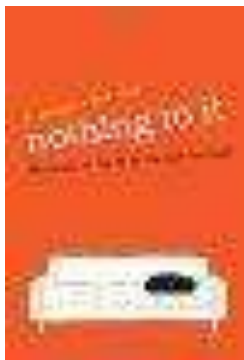
£11.00 Paperback 124 pages



Nothing to Do, Nowhere to Go: Commentaries on the teachings of Master Linji (G)

In this fresh translation and commentary, Thich Nhat Hanh explores the essential teachings of Master Linji, one of the founders of Zen Buddhism. Linji's unorthodox teachings remind us that insight is better reached through our own experience and practice than by following others. With humour, skill, and compassion, Thich Nhat Hanh shows us how we can each get closer to the ideal person within us, the person who simply is, with nothing to achieve and nowhere to be.

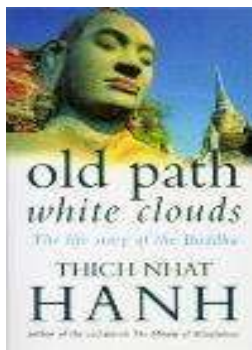
£24.00 Paperback 204 pages



Nothing to It, by Brother Phap Hai (G)

In *Nothing to It*, Brother Phap Hai explores fifty-eight different ways in which Zen Buddhist practices can transform daily life, making it richer and more joyful. Phap Hai's charming blend of humour, ancient wisdom and contemporary experience offer accessible opportunities for transformation in everyday life.

£10.00 Paperback 288 pages

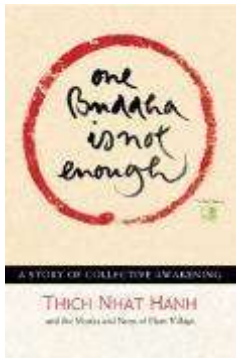


Old Path White Clouds: Walking in the Footsteps of the Buddha (G)

Drawn directly from Pali, Sanskrit, and Chinese sources, the life story of the Buddha is retold by Thich Nhat Hanh in a style that captures the clarity and serenity of the Buddha's life. This is a gift book, a reference book, and an excellent read, destined to become a classic of religious literature.

"This is a truly wondrous book a biography, a compilation of the Buddha's teachings, a social study of ancient India, a work of comparative religion, an epic tale, and a children's story all in one." *Mountain Record*

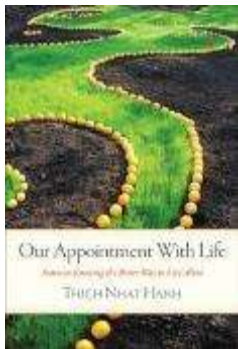
£20.00 Paperback 404 pages



One Buddha Is Not Enough (G)

How do we learn to believe in ourselves and not just rely on our spiritual teachers? Based on a retreat which Thich Nhat Hanh organized but then couldn't attend, *One Buddha Is Not Enough* is a book on how to become your own teacher and create your own community where you might least expect it. *One Buddha Is Not Enough* offers fresh and original insight from emerging Buddhist teachers on topics such as how to handle grief, strengthen our relationships with family and friends, deal with anger and other strong emotions, and find happiness in the present moment. **£14.00 Paperback 216 pages**

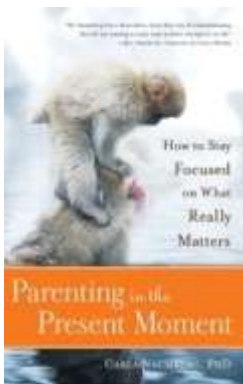
Our Appointment with Life: Sutra on Knowing the Better Way to Live Alone (S)



This is a translation and commentary by Thich Nhat Hanh on the *Sutra on Knowing the Better Way to Live Alone*, the earliest teaching of the Buddha on living fully in the present moment. In this contemporary interpretation, Thich Nhat Hanh explains that "living alone" does not mean isolating ourselves from society. To live alone is to live in mindfulness, free from worries about the past and future. We enjoy life as we live it right now. In his signature gentle and clear style, Thich Nhat Hanh reminds us that our appointment with life is in this very moment, and there is nothing that needs to get in our way.

£10.00 Paperback 63 pages

Parenting in the Present Moment: How to Stay Focused on What Really Matters (G), by Carla Naumburg, PhD



This funny and practical book by clinical social worker and mother Carla Naumburg explores what truly matters in parenting: connecting with our children, staying grounded amidst craziness, and being as present as possible when the inevitable crises happen. She shows how mindfulness can create a solid foundation for any style of parenting, regardless of a person's culture, class or family structure.

£12.00 Paperback 192 pages

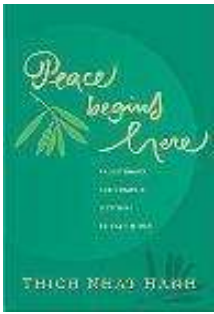


Path of Compassion: Stories from the Buddha's Life (G)

Path of Compassion is Thich Nhat Hanh's vibrant retelling of the story of Prince Siddhartha, who left his family and renounced his privileged life to become the Buddha. These stories reveal that, most of all, the Buddha was a human being, full of questions, able to make mistakes, and like all of us, capable of great compassion and insight. The most important teachings of the Buddha come alive in this compelling and informative introduction to his life. Intended for readers of all ages, Thich Nhat Hanh combines the milestones of the Buddha's life with the most important teachings. **£16.00 Paperback**

240 pages

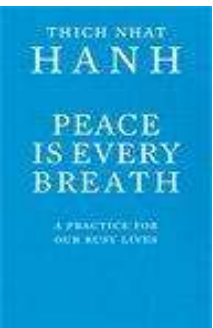
Peace Begins Here: Palestinians and Israelis Listening to Each Other (G)



In this highly anticipated Buddhist perspective on resolving conflict in the Middle East and around the world, Thich Nhat Hanh demonstrates how a real peace process is based on spiritual -- not political -- strength. Peace in oneself is the basis of peace in the family, society, and the world. Based on an ongoing Buddhist retreat project for Israelis and Palestinians, this book suggests practical ways to handle our strong emotions and misperceptions. *Peace Begins Here* is rich with stories from individual Israelis and Palestinians, as well as examples from Thich Nhat Hanh's own life, including nonviolent action during the war in Vietnam and its aftermath.

£12.00 Paperback 180 pages

Peace Is Every Breath: A Practice for Our Busy Lives (G)



In his travels, Thich Nhat Hanh witnessed growing unhappiness among the many people he encountered. He saw the hectic pace of our day-to-day lives taking a toll on our health and well-being. In response, he wrote *Peace Is Every Breath*, a book that makes the core teachings of Buddha accessible for everyone. In this jewel of a book, Thich Nhat Hanh does not suggest that we escape from reality and put our busy lives on hold. Instead, he provides the insight and tools we need to incorporate the practice of mindfulness into our every waking moment transcending the mad rush of our days and discover within the here and now our own innate ability to experience inner peace and happiness.

£10.00 Hardcover 160 pages

Peace is Every Step: The Path of Mindfulness in Everyday Life (G)



Lucidly and beautifully written, *Peace is Every Step* contains commentaries and meditations, personal anecdotes and stories from Thich Nhat Hanh's experiences as a peace activist, teacher, and community leader. He provides exercises to increase our awareness of our own body and mind through conscious breathing, which can bring immediate joy and peace. Thich 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 surprisingly simple practices of *Peace in 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.

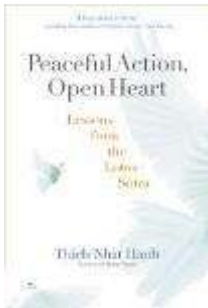
£10.00 Paperback 34 pages

Peace of Mind: Becoming Fully Present (G)

In *Peace of Mind*, Thich Nhat Hanh reminds us that integrating body and mind is the only way to feel truly alive in each moment. Combining ancient Buddhist wisdom and current scientific thinking, he offers concrete practices for how to relieve stress and cultivate joy. *Peace of Mind* provides a foundation for understanding the principles of mind-body awareness and introduces critical tools for sustaining authentic well-being.

£9.00 Paperback 156 pages

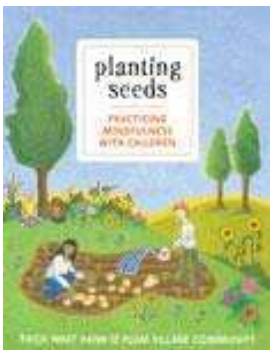
Peaceful Action, Open Heart: Lessons from the Lotus Sutra (S)



Thich Nhat Hanh uses the Lotus Sutra, one of Mahayana Buddhism's most revered texts, to illustrate the Buddha nature inherent in everyone. With great passion and clarity, he demonstrates how each human being has the capacity to transform their individual suffering, develop compassion, and help create more peace in the world. Thich Nhat Hanh's insights invoke a wide range of contemporary topics and concerns, from war and the threat of terrorism, to individual anxiety and the degradation of our environment. In proposing radical new solutions to current conflicts, he encourages each of us to work on our own mindfulness practice to create greater peace and harmony.

£16.00 Paperback 282 pages

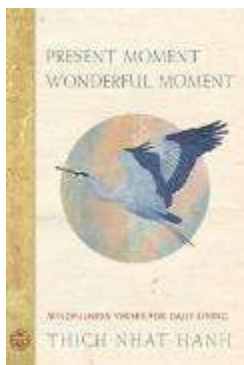
Planting Seeds: Practicing Mindfulness with Children (C) Book with Audio CD



Planting Seeds offers insight, and a wide range of contemplative and fun activities that parents and educators can apply in school settings, in their local communities, or at home in a way that is meaningful and inviting to children. The activities are designed to help relieve stress, increase concentration, nourish gratitude and confidence, work with difficult emotions, touch our interconnection with nature, and improve communication. The accompanying CD has many inspiring songs from the book, along with beautiful, colour illustrations

£20.00 Paperback 240 pages with Audio CD running time: 90 minutes

Present Moment Wonderful Moment: Mindfulness Verses for Daily Living (G)

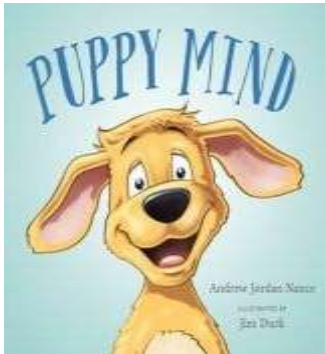


Present Moment, Wonderful Moment is an inspiring handbook of "mindfulness poems" or *gathas*. Reading these poetic yet practical verses can help us slow down and enjoy each moment of our lives. There are verses for waking up to "24 brand new hours," "taking a shower", "answering the telephone," and "starting the car." After each verse, Thich Nhat Hanh offers reflections on it, with insights into the issues of our day.

£11.00 Paperback 114 pages

Puppy Mind, by Andrew Jordan Nance, illustrated by Jim Durk (Plum Village Books)

An amusing and acute “beginner’s guide” to becoming friends with your playful puppy mind.



£11.00 Hardback 32 pages

Reconciliation: Healing the Inner Child (G)



Zen Master Thich Nhat Hanh, offers unique insights on how mindfulness practice can encourage wellness and balanced mental health, and help heal childhood suffering and trauma. With personal stories, techniques for dealing with old and new situations, and advice for building strong and long-lasting relationships, *Reconciliation* is full of concrete practices for healing the inner child. Thich Nhat Hanh shows how mindfulness can transform anger, sadness, and fear and allow joy and tranquillity to flourish.

£15.00 Paperback 184 pages

Sacred Places, a Mindful Journey and Colouring Book by Thich Nhat Hanh and Jason DeAntonis



Thich Nhat Hanh’s writings on beauty, nature and finding home are paired with original illustrations from artist Jason DeAntonis, in this collaboration designed for colouring, reading and exploration. Each page offers poetic inspiration and images, inviting you into a place of deep

£10.00 Large Paperback 80 pages

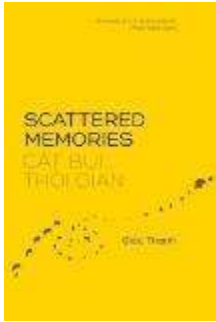
Sangha Practice by Jack Lawlor (G)



This newly reprinted booklet is offered as an introduction to Sangha practice for the benefit and enjoyment of practitioners who, inspired by Thich Nhat Hanh’s teachings, wish to begin a practice (Sangha) or sustain a Sangha that has been in existent for several years.

An essential booklet for all Sanghas and Sangha members **£3.00 Paperback 26 pages**

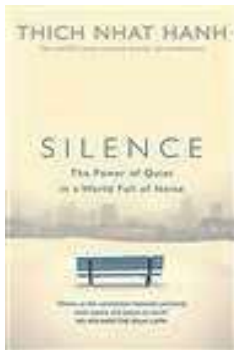
Scattered Memories by Thầy Giác Thanh (G)



A collection of poems by Thay Giac Thanh (writing under his pen name Da Hac) the much loved senior disciple of Thich Nhat Hanh and the first abbot of Deer Park monastery in Escondido, California. These fifty poems explore his journey from young boy in Vietnam to Buddhist monk, to immigrant and monastic leader. While the early poems are full of romantic and poetic imagery, the subsequent ones convey a profound wisdom and spaciousness of heart. Light in spirit, loving and wise, sometimes strict, often humorous — his poetry perfectly captures Thay Giac Thanh's clarity, wisdom, and heart.

£14.00 Paperback 144 pages

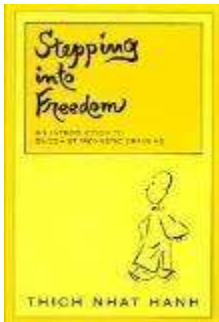
Silence: the Power of Quiet in a World Full of Noise (G)



Our hearts and minds are sometimes so full of noise that we can't hear the call of life and love, or connect with the happiness that surrounds us. Thich Nhat Hanh teaches how to live mindfully so that all the internal chatter ceases and we are left with the eloquent sound of silence.

£13.00 Paperback 196 pages

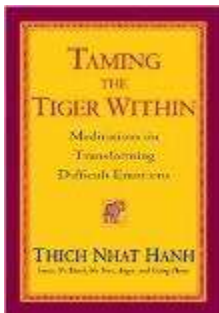
Stepping into Freedom: An Introduction to Buddhist Monastic Training (G)



Have you ever wished for a simpler life, an opportunity to transform the stresses of our fast-paced society? *Stepping into Freedom* offers us a look at Buddhist monastic life and shows us all ways to live simply, beautifully and happily while dwelling in the present moment. It is a book of guidelines, encouraging words, reminders, and poems for novice monks and nuns in the Buddhist tradition. Included are basic teachings on conscious breathing, sitting and walking meditation, and "mindful manners" that can help us reduce stress, lead a wholesome and happy life, and cultivate our mind of love, whether in a monastic society or in the larger society of the world.

£18.00 Paperback 220 pages

Taming the Tiger Within: Meditations on Transforming Difficult Emotions (G)



Thich Nhat Hanh has been a Buddhist monk since the age of sixteen. He has survived three wars, persecution, and more than thirty years of exile. In *Taming the Tiger Within* he focuses his profound spiritual insight on the basic human emotions we all struggle with every day: anger, fear, and love. Drawn from his national bestsellers *No Death, No Fear*; *Anger*; and *Going Home* and grounded in the Buddhist practices of mindfulness and compassion, this handbook of meditations and reflections offers readers inspirational and pragmatic techniques for diffusing anger, conquering fear, and cultivating love in every arena of life. **£16.00 Paperback 304 pages**

Teachings on Love (G)



We all yearn to experience a love that is more joyful and profound. *Teachings on Love* provides a time-tested path we can follow to nurture this love in ourselves and for others. Thich Nhat Hanh draws from many sources to present the Buddha's teachings on love to contemporary readers. He elaborates on the Four Immeasurable Minds -- love, compassion, joy, and equanimity -- as expressions of our deepest love for ourselves, others, and all beings. Weaving together traditional anecdotes, personal experiences, and a deep understanding of the Buddha's way of mindful living, Thich Nhat Hanh offers step-by-step practices that foster growth of understanding and intimacy in any relationship, even with those who have done us harm.

£14.00 Paperback 152 pages

The Art of Communication (G)



Despite all of our best intentions, communication is still a challenge for most of us. How do we say what we mean in a way that the other person can really hear? Using examples from his own experience working with couples, families, workplace colleagues, and international conflicts, celebrated spiritual leader Thich Nhat Hanh reveals five steps to truly mindful communication. By focusing on concrete and accessible practices, *The Art of Communicating* provides the key to communicating with yourself, loved ones and new acquaintances more effectively, with kindness and mindfulness. **£10.00 Paperback 240 pages**

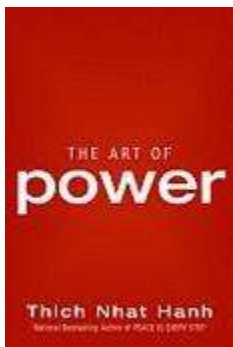
The Art of Living (G)



"This remarkable book, edited by his monastic students, captures the essence of the last two years of Thay's lectures on the art of mindful living." (*From the Foreword by Sister Chan Kong*)

£12.00 Paperback 206 pages

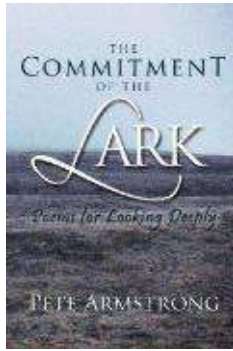
The Art of Power (G)



Turning our conventional understanding of power on its head, world-renowned Zen master, spiritual leader, and national bestselling author Thich Nhat Hanh reveals how true power comes from within. What we seek, we already have. Whether we want it or not, power remains one of the central issues in all of our lives.

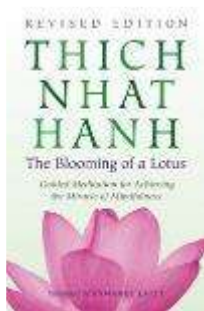
£10.00 Paperback 240 pages

The Commitment of the Lark by Pete Armstrong (Poetry)



Written from a space of meditation, these poems are an invitation to look more deeply. How do we grow and transform? How can we love more fully? What is meditation? How come I know what to do but don't do it? What more might I do with this gift of life? ... Sometimes we glimpse partial answers along the way that can make us smile at our own folly and our own wisdom. Sometimes these glimpses can help us to become more deeply appreciative of what we are offered in this moment, and this, and this ... **£6.00 Paperback 158 pages**

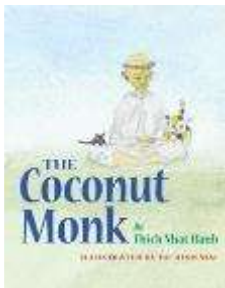
The Blooming of a Lotus: Guided Meditation Exercises for Healing and Transformation (G)



One of the world's great meditation teachers offers guided exercises that will bring both beginning and experienced practitioners into closer touch with their bodies, their inner selves, their families, and the world. Compassionate and wise, Thich Nhat Hanh's healing words help us acknowledge and dissolve anger and separation by illuminating the way toward the miracle of mindfulness. Revised edition, with thirty-four guided meditations.

£13.00 Paperback 140 pages

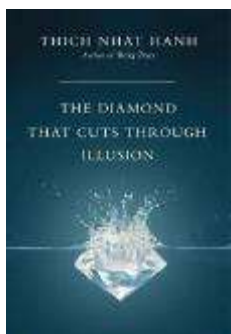
The Coconut Monk (C)



In a war-torn world filled with images of violence, Zen Master Thich Nhat Hanh offers young readers reassurance and a reminder that peace can be found through empathy. Based on a talk given directly to children, this timely book tells the story of a cat and a mouse and their smiling friend the Coconut Monk who overcome the differences of nature, nation, and belief to live as friends--teaching equanimity, compassion, and perseverance.

£8.00 Paperback 40 pages

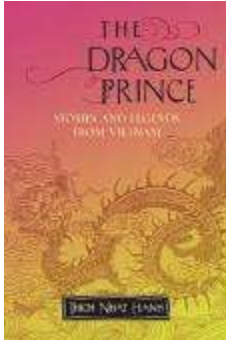
The Diamond That Cuts Through Illusion: Commentaries on the Prajnaparamita Diamond Sutra (S)



The Diamond Sutra offers the Buddha's insights on dualism and illusion. He speaks of how to develop the insight, the "diamond," that can cut through any obstacle on the road to enlightenment. This sutra presents a dialogue between the Buddha and his disciple Subhuti that illuminates how our minds construct limited categories of thought. Thich Nhat Hanh's commentary on the text shows how we must move beyond personal enlightenment to become fully enlightened beings who work to alleviate the suffering of others. Thich Nhat Hanh writes about the daily applications of the sutra and how we can use its wisdom to encounter a deeper reality and act in the world skilfully and effectively.

£12.00 Paperback 154 pages

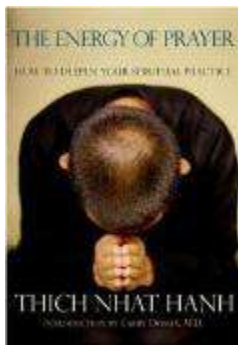
The Dragon Prince: Stories and Legends from Vietnam (G)



Thich Nhat Hanh's retelling of traditional and historical legends provides an introduction to the rich mythology of Vietnamese culture. His clear, contemplative spirit illuminates this collection of short stories as well as some new folktales inspired by Vietnam's more recent past. Each story subtly and gently invokes some of Thich Nhat Hanh's key themes: cooperation, reconciliation, mindfulness, and the profound realization of the interconnectedness of all beings. This contains previously published material from *Taste of Earth* and *The Stone Boy*.

£10.00 Paperback 160 pages

The Energy of Prayer: How to deepen your spiritual practice (BC)

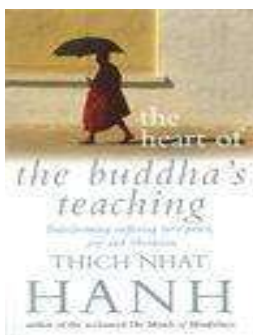


The Energy of Prayer provides Thich Nhat Hanh with an opportunity to continue his decades-long dialogue between the two great living contemplative traditions, Buddhism and Christianity, which was the central focus of his best-seller, [*Living Buddha, Living Christ*](#).

The Energy of Prayer introduces five meditation exercises that will bring awareness and intention into your life. Chapters include Does Prayer Work?, Two Elements of Effective Prayer, Buddhist and Christian Parallels, Daily Prayers and others. It also includes breathing practices and visualizations, and a rich sampling of prayers, chants, and invocations from the Buddhist tradition.

£11.00 Gift-Paperback 120 pages

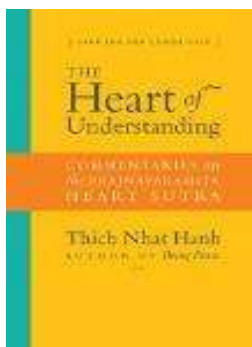
The Heart of the Buddha's Teaching: Transforming Suffering into Peace, Joy & Liberation (G)



In *The Heart of the Buddha's Teaching*, Thich Nhat Hanh brings his gift of clear and poetic expression to an explanation of the Four Noble Truths, the Noble Eightfold Path, and other basic Buddhist teachings. Thich Nhat Hanh's extraordinary contribution to Buddhism and to life is the way he makes these teachings and practices accessible to everyone, showing us how the very suffering that is holding us down can be the path to our liberation. For longtime practitioners or those newly interested in the way of understanding and love, as presented by one of today's most beloved teachers

£10.00 Paperback 304 pages

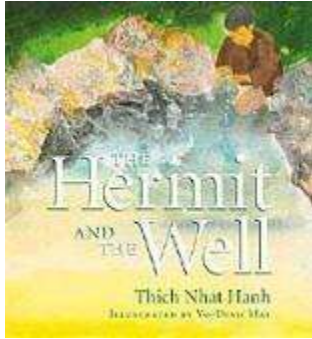
The Heart of Understanding: Commentaries on the Prajnaparamita Heart Sutra (S)



An excellent translation and explanation of this core Buddhist text, conveying the deepest level of understanding. *The Heart Sutra* is regarded as the essence of Buddhist teaching, offering subtle and profound teachings on the letting go of all preconceived notions, opinions, and attachments in order to be open to all the wonders of life. This revised edition celebrates the 20th anniversary of the book's initial release and features a new introduction by poet and Zen teacher Peter Levitt.

£10.00 Paperback 54 pages

The Hermit and the Well (C)



The Hermit and the Well is a beautiful book. Vo-Dinh Mai's richly textured illustrations, which represent nature in an abstract yet strangely realistic fashion, beautifully fit the text by Thich Nhat Hanh. Based on an actual event in Thich Nhat Hanh's life, this delightful children's book tells the story of a young boy in Vietnam who climbs a mountain, hoping to meet the famed hermit who lives there. Instead, he finds the secret to his own happiness. Winner of the 2003 Skipping Stones Honour Award; Finalist for the ForeWord 2003 Book of the Year Award

£13.00 Hardcover 32 pages

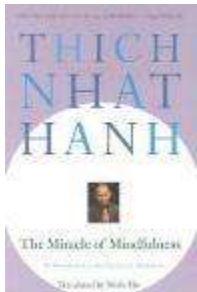
The Long Road Turns to Joy: A Guide to Walking Meditation (G)



The Long Road Turns to Joy provides a practical and inspirational introduction to walking meditation. Thich Nhat Hanh teaches us to "walk not in order to arrive, walk just for walking." As we walk, we practice conscious breathing. This keeps our steps calm and peaceful, giving a deep sense of ease. Practicing this can bring a spirit of prayer into everyday life.

£8.00 Mini-Paperback 98 pages

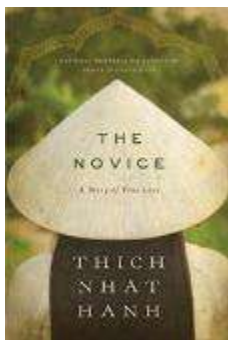
The Miracle of Mindfulness: A Manual on Meditation (G)



The Miracle of Mindfulness is universally recognized as one of the classic introductory manuals on meditation, concentration, and relaxation. It is at once practical and inspirational. Originally written as a long letter to a friend, *The Miracle of Mindfulness* retains an intimate, personal tone.

£8.00 Paperback 140 pages

The Novice: A Story of True Love (G)



Thich Nhat Hanh offers a poignant and beautiful novel with the power to teach, transform, and transcend all boundaries of faith, creed, country, and era. *The Novice* will open a soulful road of introspection and self-discovery, a path leading to greater awareness of the means to manifest peace both inside oneself and in the world at large.

£9.00 Hardcover 160 pages

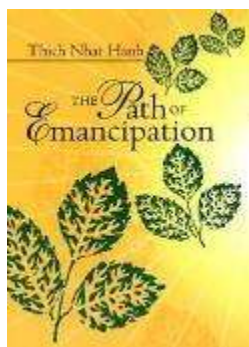
The Other Shore: a new translation of the Heart Sutra



In this eagerly-awaited new translation, Thich Nhat Hanh clears away longstanding sources of confusion, and reveals the power of the Heart Sutra to transform our suffering. His accompanying commentary is clear and easy to understand, offering new insights into this profound teaching on emptiness and non-duality.

Paperback 133 pages £11.00

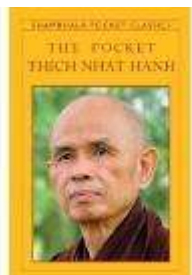
The Path of Emancipation: Talks from a 21-Day Mindfulness Retreat (G)



The *Path of Emancipation* transcribes Thich Nhat Hanh's first twenty-one day retreat in North America in 1998, when more than four hundred practitioners from around the world joined him to experience mindfulness. This book deliberately preserves the tone and style of a retreat, including soundings of the bell, meditation breaks, and question-and-answer sessions. In *The Path of Emancipation*, Thich Nhat Hanh translates the Buddhist tradition into everyday life and makes it relevant and transforming for us all.

£15.00 Paperback 288 pages

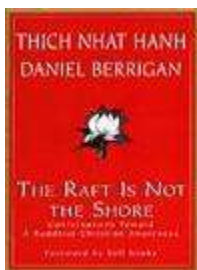
The Pocket Thich Nhat Hanh (G)



This is a collection of powerful and inspiring teachings in an appealing, convenient pocket-size book. These selected writings are drawn from Thich Nhat Hanh's many published works and provide a wonderful overview of his teachings. This reader covers the main themes that Thich Nhat Hanh has addressed as a Buddhist teacher: mindfulness in our daily lives, Buddhism and enlightenment, working with emotions and relationships, and transforming society (Engaged Buddhism).

£6.00 Mini-Paperback 256 pages

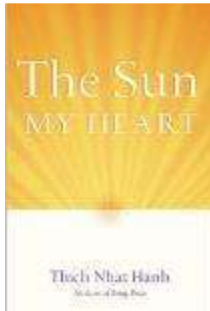
The Raft Is Not the Shore: Conversations Towards a Buddhist-Christian Awareness (BC)



A unique dialogue between two modern spiritual masters: meeting for long, midnight conversations in Paris, two poets and prophetic peacemakers — Thich Nhat Hanh and Daniel Berrigan, a Jesuit priest — explore together the farthest reaches of truth. East and West flow together in this remarkable book, which transcribes their conversations on topics ranging from government and religion, prison and exile, Jesus and Buddha, war and peace, to that of death.

£12.00 Paperback 160 pages

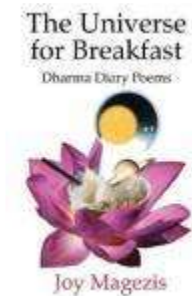
The Sun My Heart: Reflections on Mindfulness, Concentration, and Insight (G)



In *The Sun My Heart*, Thich Nhat Hanh draws from his personal experience as well as contemporary science and philosophy to guide the reader toward a deeper appreciation of daily reality. Using the objects and events of everyday life at his hermitage in Plum Village, from the gradual settling of the pulp in a glass of apple juice to the wind blowing into the room and scattering paper, Thich Nhat Hanh illustrates how ordinary moments can lead to great insight.

£10.00 Paperback 130 pages

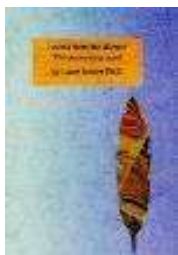
The Universe for Breakfast by Joy Magezis (G)



The Universe for Breakfast chronicles a journey of transformation in verse. Joy Magezis has been ordained as a member of the Core Community of the Order of Interbeing, established by Thich Nhat Hanh. A series of poems about the trip appear in this collection, as well as poems about her experiences practising with the Sangha community in Britain and in Plum Village.

£11.00 Paperback 164 pages

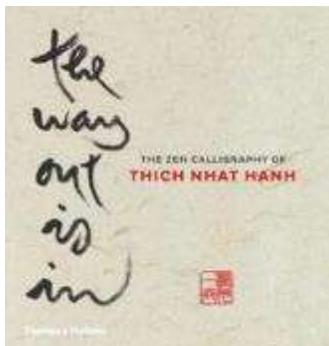
The Unmoving Quiet – Poems from the silence by Lauri Bower (POETRY)



These poems were written between 2008 and 2015, several at Plum Village. Lauri's poems are regularly featured in *Here and Now* and also on her blog lauribower.blogspot.co.uk

£6.00 Paperback 24 pages

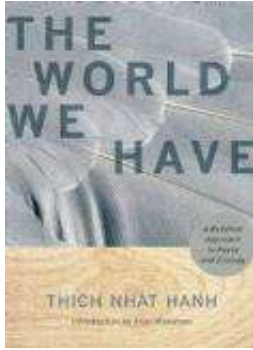
The Way Out Is In: the Zen Calligraphy of Thich Nhat Hanh (G)



A collection of Thich Nhat Hanh's calligraphy, this offers about 100 drawings, mainly in English. This book could be left open in the home as a beautiful aid to mindfulness.

£10.00 Hardback 114 pages

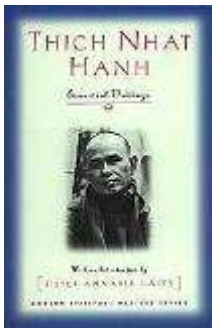
The World We Have: A Buddhist Approach to Peace and Ecology (G)



Thich Nhat Hanh offers a dramatic vision of the future of our planet and links his contemplation of environmental destruction to the Buddhist teachings of interconnectedness and the impermanence of all things. Rather than seeing impermanence as an excuse for disengaging from the world, he argues passionately that engaging with the world is the key to our individual and collective survival.

£12.00 Pocket size Paperback 141 pages

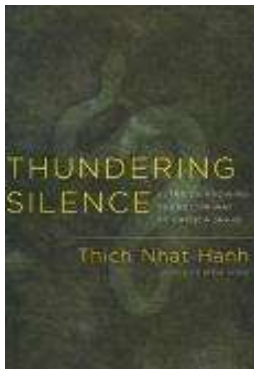
Thich Nhat Hanh, Essential Writings (G)



Drawn from more than twenty of his books, these are the essential writings of one of the most beloved and influential spiritual figures of our day.

£11.00 Paperback 162 pages

Thundering Silence: Sutra on Knowing the Better Way to Catch a Snake (S)



In *Thundering Silence*, Thich Nhat Hanh presents the early teachings of the Buddha on how to see reality clearly without becoming caught by notions and ideologies, however noble. These teachings illustrate how playfulness, openness, and non-attachment from views are essential elements for liberating us from our mental constructions so that we can enjoy our lives more fully. Thich Nhat Hanh demonstrates the practical applications of these teachings in everyday life. Near the end of his life, the Buddha declared, "during forty-five years, I have not said a word," in order to encourage his students to avoid being caught by words or ideas. Thich Nhat Hanh calls this "the thundering silence of a Buddha."

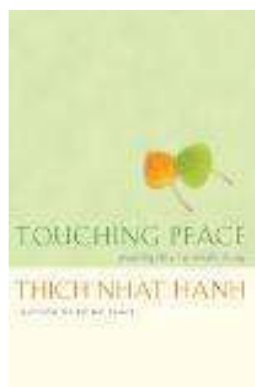
£11.00 Paperback 74 pages



Together We Are One: Honouring Our Diversity, Celebrating Our Connection (G)

Together We Are One offers Thich Nhat Hanh's latest thinking on what Buddhism and mindfulness practice can teach us about healing individual and collective suffering. The personal stories from people of many origins, backgrounds, and experiences make this an inspirational and practical guide. With chapters focusing on honoring our ancestors and finding our true identity, Thich Nhat Hanh demonstrates how our different ethnic and cultural backgrounds offer rich resources for creating a sense of wholeness and connection among us. **£14.00 Paperback 256 pages**

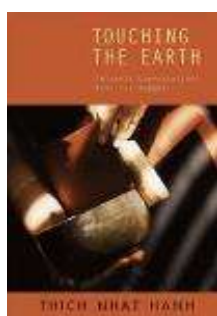
Touching Peace: Practicing the Art of Mindful Living (G)



In this sequel to *Being Peace*, Thich Nhat Hanh continues his teachings on practicing peace in everyday life and shows us how mindful awareness can help us see the roots of war, violence, substance abuse, and social alienation. With chapters on the Happiness of One Person, Diet for a Mindful Society, and Realizing Ultimate Reality, Thich Nhat Hanh combines classic teachings and practical instruction. He concludes with his compelling vision for rebuilding society. *Touching Peace* includes classic Thich Nhat Hanh practices, such as the conflict resolution tool of the Peace Treaty; his thoughts on a "diet for a mindful society" based on his interpretation of the Five Mindfulness Trainings; and his early writings on the environment.

£12.00 Paperback 136 pages

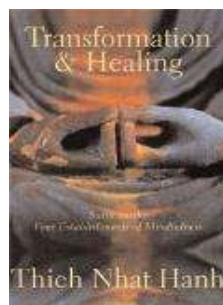
Touching the Earth: 40 Guided Meditations (G)



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 in short simple meditations, it is a step-by-step guidebook to the practice of *Beginning Anew*, containing clear instructions and over forty guided meditation verses. It allows the reader to practice alone or with others by engaging in an "intimate, poetic conversation with the Buddha." The practice of *Beginning Anew* has the capacity to put an end to obstacles brought about by wrongdoing in the past, and it restores the feeling of being alive

£12.00 Paperback 152 pages

Transformation and Healing: Sutra on the Four Establishments of Mindfulness (S)

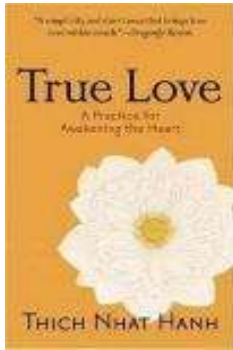


Mindfulness is the most basic meditation practice--awareness of what is going on in the body, the feelings, the mind, and the world. Thich Nhat Hanh presents three versions of the sutra and explores the psychological implications of these teachings.

"If you were to possess only one book on how to fare through this human existence with joy and self-knowledge, it should be this text." — *Karuna Journal*

£15.00 Paperback 150 pages

True Love: A Practice for Awakening the Heart (G)



In *True Love*, Thich Nhat Hanh offers us a Buddhist view of love along with techniques for manifesting it in our daily lives. In his characteristically direct, simple, and gentle style, he explores the four key aspects of love as described in the Buddhist tradition: loving kindness, compassion, joy, and freedom. Thich Nhat Hanh explains that in order to love in a real way, we need to learn how to be fully present in our lives. He offers the technique of conscious breathing as a way of synchronizing the mind and the body and establishing the conditions for love. In the concluding section of the book, Thich Nhat Hanh explains how we can bring love to bear on our own pain, fear, and negativity.

£9.00 Pocket Paperback 120 pages

Two Treasures: Buddhist Teachings on Awakening and True Happiness (S)



This beautiful volume contains two of the Buddha's most important teachings: *Sutra on the Eight Realization of Great Beings* and the *Discourse on Happiness*. They provide an opportunity to study the Buddha's teachings directly. Read together, they inspire us toward a life of simplicity, generosity and compassion. Thich Nhat Hanh offers practical and contemporary commentary on the sutras, revealing how these ancient words offer nourishment for everyday life.

£7.00 Small Paperback 75 pages

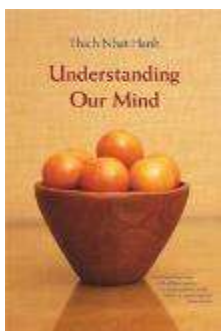
Under the Rose Apple Tree (C)



In this sequel to *A Pebble for Your Pocket*, Thich Nhat Hanh looks deeply at the issues that confront young people in today's society. Applying his unique insights to anger, family conflict, drug use, and sexual responsibility, he makes the ancient teachings of the Buddha relevant to adolescents by offering mindfulness practices as tools to help transform the suffering in their everyday lives. "By living your life beautifully, you can nourish your sisters, brothers, and future generations. It is not through sacrificing your life that you help future generations, it is by living fully and happily." — Thich Nhat Hanh, from *Under the Rose Apple Tree*

£8.00 Paperback Ages 10-13 50 pages

Understanding Our Mind (G)

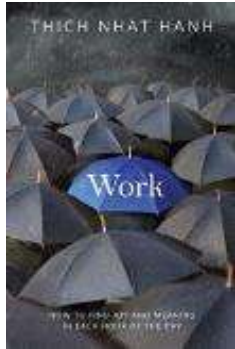


Understanding Our Mind is an accessible guide for anyone who is curious about the inner workings of the mind. Originally released as *Transformation at the Base*, *Understanding Our Mind* is based on fifty verses on the nature of consciousness taken from the great fifth-century Buddhist master Vasubandhu. With compassion and insight, Thich Nhat Hanh reveals how these ancient teachings can be applied to the modern world, focusing on the direct experience of recognizing and embracing the nature of our

feelings and perceptions. The quality of our lives, he says, depends on the quality of the seeds in our minds. Buddhism teaches us how to nourish the seeds of joy and transform the seeds of suffering so that our understanding, love, and compassion can flower.

£17.00 Paperback 251 pages

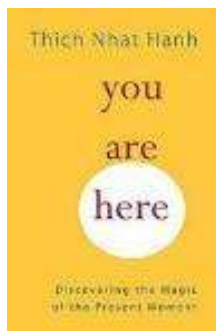
Work: How to Find Joy and Meaning in Each Hour of the Day (G)



In *Work* Thich Nhat Hanh adapts ancient Buddhist practices to modern life and helps readers make fulfilling choices about livelihood and ethical work. Full of life-coaching advice, tips for finding happiness and changing habits *Work* suggests new mindful models of leadership and encourages us to carefully examine our everyday choices, so we can contribute to a work environment free from stress and tension, regardless of the circumstance.

£10.00 Paperback 120 pages

You Are Here: Discovering the Magic of the Present Moment (G)

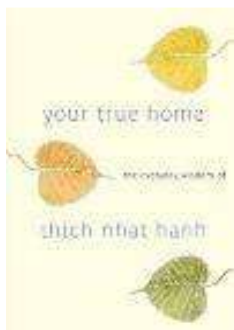


Thich Nhat Hanh distills the essence of Buddhist thought and practice, emphasizing the power of mindfulness to transform our lives. "Mindfulness is not an evasion or an escape," he explains. "It means being here, present, and totally alive. It is true freedom, and without this freedom, there is no happiness."

You Are Here offers guidance on healing emotional pain and manifesting real love and compassion in our relationships with others.

£15.00 Paperback 160 pages

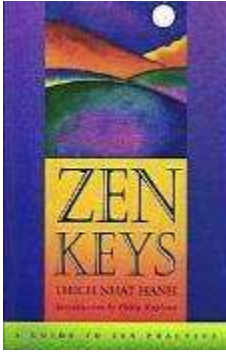
Your True Home: The Everyday Wisdom of Thich Nhat Hanh (G)



These powerful and transformative words of wisdom, drawn from the works of this best-selling and prolific author, touch all aspects of our lives, from the personal to the global, and reflect the great themes of Thich Nhat Hanh's teachings: how the practice of mindfulness brings joy and insight into every moment of our lives; how to transcend fear and other negative emotions; how we can heal our inner wounds with gentleness and awareness; how to transform our relationships through love, presence, and deep listening; and how to practice peace for our world and caring for the earth. Through Thich Nhat Hanh's great brilliance, this book presents these profound themes in short teachings that are practical yet powerful, and will uplift and inspire your day.

£14.00 Paperback 400 pages

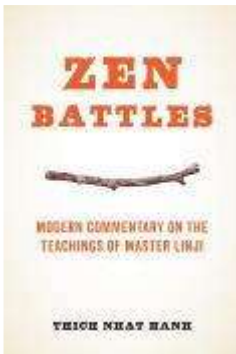
Zen Keys: A Guide to Zen Practice (G)



Thich Nhat Hanh brings his warmth to this unique explication of Zen Buddhism. Beginning with stories from his first years in a Zen monastery, he illustrates the character of Zen as practiced in Vietnam and gives the reader clear explanations of Zen practice and its philosophical background.

£11.00 Paperback 208 pages

Zen Battles - Modern Commentary on the Teaching of Master Linji Revised Edition (G)



Thich Nhat Hanh uses the teachings of ninth century Zen Master Linji to give readers tools that help awaken them to their true inner nature. One of the key tenets of the Zen school of Mahayana Buddhism is that each one of us is already a Buddha—our enlightenment is inherent within us, and the practice of mindfulness is the tool to bring this truth to our full awareness. While it can bring much relief, this simple statement does not preclude the need for practice. We must strive to always be aware of our Buddha nature, rather than waiting until times of emotional upheaval when it is more difficult to practice.

£16.00 Paperback 304 pages