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## Thich Nhat Hanh: Understanding the Life and Teachings of Thich Nhat Hanh: The Zen Buddhist Monk Who Traveled the World in Exile While Spreading His Message of Love, Peace, and Understanding (Paperback)

By Dr Ruth Carr

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Thich Nhat Hanh has practiced peace in a world of violence,

divisiveness, stress, and hostility since the age of just sixteen

years old. In fact, it was at this age that Thich Nhat Hanh joined

a Zen monastery. He studied Buddhism extensively and

passionately, and was ordained by 1949. Initially inspired-and

equally troubled-by war-torn Vietnam in the 1960s, Thich Nhat

Hanh realized that hatred was not the answer. Love,

understanding, and harmony, however, stood as the only true

solution. He devoted his time and energy to searching for a

resolution for both North Vietnam and South Vietnam. Today,

he lives in southwest France, in exile, where he has continued to

practice mindfulness and peace. He also writes, teaches, and

gardens loyally, as well as lends a hand to those in search of

that same peace that changed his life. As a...



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