



Fear Essential Wisdom for Getting Through the Storm

By Thich Nhat Hanh

HarperOne. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 7.8in. x 5.2in. x 0.6in. Written in words so intimate, calm, kind, and immediate, this extraordinary book feels like a message from our very own heart. Thich Nhat Hanh is one of the most important voices of our time, and we have never needed to listen to him more than now. Sogyal Rinpoche Fear is destructive, a pervasive problem we all face. Vietnamese Buddhist Zen Master, poet, scholar, peace activist, and one of the foremost spiritual leaders in the world a gifted teacher who was once nominated for the Nobel Peace Prize by Martin Luther King Jr. Thich Nhat Hanh has written a powerful and practical strategic guide to overcoming our debilitating uncertainties and personal terrors. The New York Times said Hanh, ranks second only to the Dalai Lama as the Buddhist leader with the most influence in the West. In Fear: Essential Wisdom for Getting through the Storm, Hanh explores the origins of our fears, illuminating a path to finding peace and freedom from anxiety and offering powerful tools to help us eradicate it from our lives This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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