



A Lifetime of Peace: Essential Writings by and about Thich Nhat Hanh

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A Lifetime of Peace follows the successful model established by A Lifetime of Wisdom: Essential Writings by and about the Dalai Lama. It draws on dozens of sources to collect the very best writing by and about Thich Nhat Hanh, the revered Vietnamese Buddhist monk and peace activist. This timely collection is both a political and spiritual handbook which encompasses all of Thich Nhat Hanh's major themes—mindfulness, love, truth, compassion, and peace on earth. In 1967 Dr. Martin Luther King, Jr. nominated Hanh for the Nobel Peace Prize, citing the monk's lifelong efforts to encourage peace and reconciliation around the world. This important collection will not only present Hanh's writing about his experiences during the Vietnam War and excerpts from his journals, but also collect a range of other highlights, such as his advice for those entering into meditation practice and his unique insights into Buddhist and Christian theology. But above all, A Lifetime of Peace is a timely and thought-provoking examination of the nature of peace—both as an inner state of being and as a real condition in the world.

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