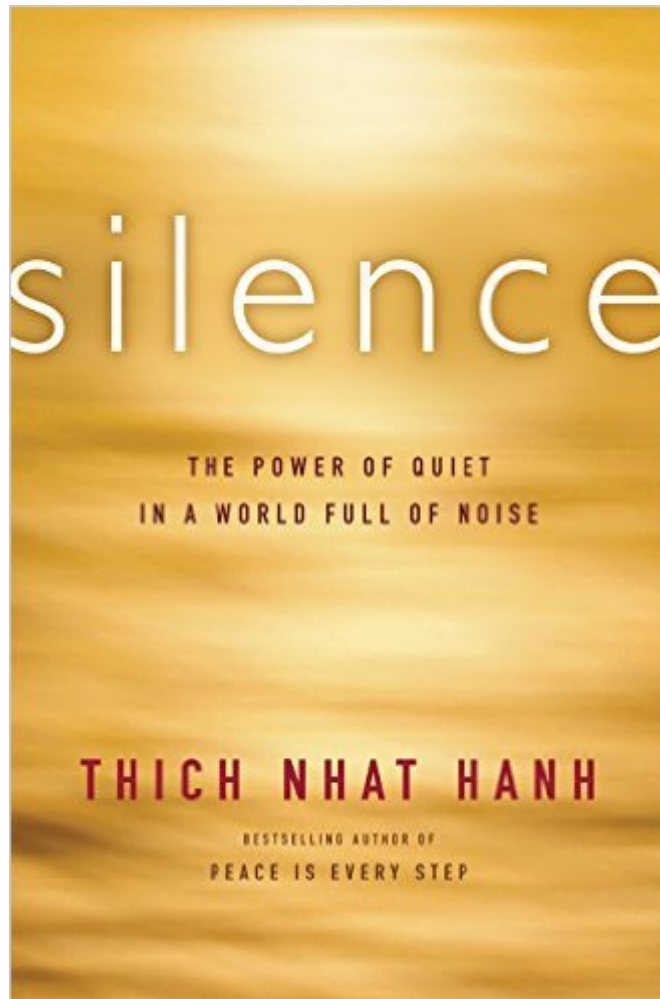


The book was found

Silence: The Power Of Quiet In A World Full Of Noise



Synopsis

The Zen master and one of the world's most beloved teachers returns with a concise, practical guide to understanding and developing our most powerful inner resource—silence—to help us find happiness, purpose, and peace. Many people embark on a seemingly futile search for happiness, running as if there is somewhere else to get to, when the world they live in is full of wonder. To be alive is a miracle. Beauty calls to us every day, yet we rarely are in the position to listen. To hear the call of beauty and respond to it, we need silence. Silence shows us how to find and maintain our equanimity amid the barrage of noise. Thich Nhat Hanh guides us on a path to cultivate calm even in the most chaotic places. This gift of silence doesn't require hours upon hours of silent meditation or an existing practice of any kind. Through careful breathing and mindfulness techniques he teaches us how to become truly present in the moment, to recognize the beauty surrounding us, and to find harmony. With mindfulness comes stillness—and the silence we need to come back to ourselves and discover who we are and what we truly want, the keys to happiness and well-being.

Book Information

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Customer Reviews

I picked this book because silence was what I was looking for and I found it in this book. It is a book on the subject of mindfulness. To skip to the point, if you have a learning style that requires structure, you can find a better book. If you have a learning style where you pick up things in bursts of activity whenever you can devote time to the subject, you will like this book. I discovered

mindfulness after watching a video on YouTube with Jon Kabat Zin hosting a session he held at Google. I picked up his book Full Catastrophe Living. It read to me like enthusiastic 8 week boot camp that you have to follow or you feel like your doing it wrong in spite of the authors best efforts to remind you that you cannot truly do it wrong. I don't see this necessary as wrong approach. I've seen there are 8 week classes out there and my suspicion this would work better as a class rather than self taught. This would be the structured approach I was referring too and as a result I recommend this book for those sorts of learners. Ultimately I wasn't really interested in meditation. I was looking for a way to quiet my world. There are many paths to achieve the quiet I was looking for, that I'm certain. So far none had seemed to work. Never has a book had a title so appropriately for what I was looking for. So naturally I snatched it up. I found Hanh's methods to be simpler to apply than Zinn's. They didn't feel like homework assignments. There was no suggested pacing to imply that after so many weeks you have everything you need. Rather than encouraging one to set aside 30 minutes a day, as you progress through the book you eventually learn enough to practice mindfulness all day so should you chose.

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