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# Living Buddha, Living Christ: 20th Anniversary Edition



## Synopsis

"[Thich Nhat Hanh] shows us the connection between personal, inner peace and peace on earth."  
--His Holiness The Dalai Lama  
Nominated by Martin Luther King, Jr. for a Nobel Peace Prize, Thich Nhat Hanh is one of today's leading sources of wisdom, peace, compassion and comfort. The 20th anniversary edition of the classic text, updated, revised, and featuring a Mindful Living Journal. Buddha and Christ, perhaps the two most pivotal figures in the history of humankind, each left behind a legacy of teachings and practices that have shaped the lives of billions of people over two millennia. If they were to meet on the road today, what would each think of the other's spiritual views and practices? Thich Nhat Hanh has been part of a decades-long dialogue between two great contemplative traditions, and brings to Christianity an appreciation of its beauty that could be conveyed only by an outsider. In lucid, meditative prose, he explores the crossroads of compassion and holiness at which the two traditions meet, and he reawakens our understanding of both. "On the altar in my hermitage," he says, "are images of Buddha and Jesus, and I touch both of them as my spiritual ancestors."

## Book Information

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## Customer Reviews

If you have always assumed that Christianity and Buddhism are as far apart philosophically as their respective founders were geographically, you may be in for a bit of a surprise. In this national bestseller, Zen monk and social activist Thich Nhat Hanh draws parallels between these two traditions that have them walking, hand in hand, down the same path to salvation. In Christianity, he

finds mindfulness in the Holy Spirit as an agent of healing. In Buddhism, he finds unqualified love in the form of compassion for all living things. And in both he finds an emphasis on living practice and community spirit. The thread that binds the book is the same theme that draws many Christians toward Buddhism: mindfulness. Through anecdotes, scripture references, and teachings from both traditions, Nhat Hanh points out that mindfulness is an integral part of all religious practice and teaches us how to cultivate it in our own lives. Nhat Hanh has no desire to downplay the venerable theological and ritual teachings that distinguish Buddhism and Christianity, but he does cause one to consider that beyond the letter of doctrine lies a unity of truth. --This text refers to an out of print or unavailable edition of this title.

In this popular work Hahn, a Vietnamese Zen monk, offers some parallels between Eastern and Western spiritual practice in an accessible style that will please general readers. Copyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Good reading for both Christians and Buddhist. I got this for my friends so they would understand the difference in beliefs. This really helped.

Like all of Thich Nhat Hanh's book it is beautifully written in a way that Westerns and Christians can understand his Buddhist philosophy. I have read this a few times and passed it on to others.

There were very few new concepts in this book, but I finished the book anyway. It was good enough to complete compared to some of the other books I've been reading lately like "The Power of Now" by Eckhart Tolle.

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Good for your soul

I met a student in Texas who mentioned this book, and it piqued my interest so I had to have my own copy for conversation sake.

Since I have spent, and continue to spend, considerable time in Bhutan (a Buddhist country), it was very interesting to have this book recommended to me by a local monk. I have enjoyed reading his comparisons between Buddha and Christ and how he weaves the themes of their lives.

I hoped to learn more about acceptance, mindfulness and internal peace. I found all of these and more. Tich Nhat Hanh has captured the truth and essence of these most sought after concepts. Masterful and heartfelt, his assessment of the truth of both the Christian and Buddhist philosophy would be the basis to achieve world peace if it were applied to all religious thought. He hasn't invented a new line of thought but with insight and clarity expanded on two traditions.

Great book from a Buddhist Monk from Vietnam. I loved it. To see someone with such ability to put two great religions side by side and see all the good in both, with clear reasoning is amazing. It opened my mind, and made thinking a pleasure for me to challenge and appreciate what he was communicating. Logical viewpoint in religion, how beautiful. A great book, and a must read. Thanks.

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