

## True Love A Practice For Awakening The Heart

*The Dharma of Star Wars links George Lucas’s beloved classic and the wise words of the Buddha in playful and unexpectedly rewarding ways. Exploring Darth Vader’s karma, the dark side within, and the way of the Force, Bortolin presents an inspiring, totally new take on the Star Wars saga—and a fresh interpretation of Buddhist teachings.*

*A renowned Zen master and Nobel Peace Prize nominee introduces a Buddhist approach to practicing authentic love in our everyday lives In this eye-opening guide, Zen monk Thich Nhat Hanh offers timeless insight into the nature of real love. With simplicity, warmth, and directness, he explores the four key aspects of love as described in the Buddhist tradition: lovingkindness, compassion, joy, and freedom—explaining how to experience them in our day-to-day lives. He also emphasizes that in order to love in a real way, we must first learn how to be fully present in our lives, and he offers simple techniques from the Buddhist tradition that anyone can use to establish the conditions of love. Thich Nhat Hanh, a Vietnamese Zen Buddhist monk, is an internationally known author, poet, scholar, and peace activist who was nominated for the Nobel Peace Prize by Martin Luther King Jr.*

*One of the best available introductions to the wisdom and beauty of meditation practice. --New Age Journal In this beautiful and lucid guide, Zen master Thich Nhat Hanh offers gentle anecdotes and practical exercise as a means of learning the skills of mindfulness—being awake and fully aware. From washing the dishes to answering the phone to peeling an orange, he reminds us that each moment holds within it an opportunity to work toward greater self-understanding and peacefulness.*

*An electrifying story of the sensational murder trial that devalued a city and ignited the civil rights struggle In 1925, Detroit was a smoky swirl of jazz and speakeasies, assembly lines and fistfights. The advent of automobiles had brought workers from around the globe to compete for manufacturing jobs, and tensions often flared with the KKK in ascendance and violence rising. Ossian Sweet, a proud Negro doctor-grandson of a slave—had made the long climb from the ghetto to a home of his own in a previously all-white neighborhood. Yet just after his arrival, a mob gathered outside his house; suddenly, shots rang out: Sweet, or one of his defenders, had accidentally killed one of the whites threatening their lives and homes. And so it began—a chain of events that brought America’s greatest attorney, Clarence Darrow, into the fray and transformed Sweet into a controversial symbol of equality. Historian Kevin Boyle weaves the police investigation and courtroom drama of Sweet’s murder trial into an unforgettable tapestry of narrative history that documents the volatile America of the 1920s and movingly re-creates the Sweet family’s journey from slavery through the Great Migration to the middle class. Ossian Sweet’s story, so richly and poignantly captured here, is an epic tale of one man trapped by the battles of his era’s changing times. Arc of Justice is the winner of the 2004 National Book Award for Nonfiction.*

*An introduction to the Practice of Meditation*

*The Art of Loving*

*True Love*

*How I Learned and Practiced Social Change in Vietnam*

*Discovering the Magic of the Present Moment*

*Thundering Silence*

*How to Love*

*“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*

A New York Times bestseller and enduring classic, All About Love is the acclaimed first volume in feminist icon bell hooks’ “Love Song to the Nation” trilogy. All About Love reveals what causes a polarized society, and how to heal the divisions that cause suffering. Here is the truth about love, and inspiration to help us instill caring, compassion, and strength in our homes, schools, and workplaces. “The word ‘love’ is most often defined as a noun, yet we would all love better if we used it as a verb,” writes bell hooks as she comes out fighting and on fire in All About Love. Here, at her most provocative and intensely personal, renowned scholar, cultural critic and feminist bell hooks offers a proactive new ethic for a society bereft with lovelessness—not the lack of romance, but the lack of care, compassion, and unity. People are divided, she declares, by society’s failure to provide a model for learning to love. As bell hooks uses her incisive mind to explore the question “What is love?” her answers strike at both the mind and heart. Razing the cultural paradigm that the ideal love is infused with sex and desire, she provides a new path to love that is sacred, redemptive, and healing for individuals and for a nation. The Utne Reader declared bell hooks one of the “100 Visionaries Who Can Change Your Life.” All About Love is a powerful, timely affirmation of just how profoundly her revelations can change hearts and minds for the better.

Taking a brass tacks approach to communication, How to Have Confidence and Power in Dealing With People explains how to interact with others as they really are, not as you would like them to be. The goal is to get what you want from them successfully – be it cooperation, goodwill, love or security. Les Giblin, a recognized expert in the field of human relations, has devised a method for dealing with people that can be used when relating with anyone – parents, teachers, bosses, employees, friends, acquaintances, even strangers. Giblin shows step by step how to get what you want at any time and in ways that leave you feeling good about yourself. Moreover, the people who have given you what you want wind up feeling good about themselves, too. The result? Nobody gets shortchanged. It’s a win-win situation. Each chapter includes a handy summary, so there’s absolutely no chance of missing the book’s key points. You can also use these recaps to refresh your memory after you’ve finished the book. Instead of feeling miserable about your interpersonal skills, read this best-selling guide and learn to succeed with people in every area of your life.

Bringing the energy of true presence into our lives really does change things for the better—and all it takes is a little training. This treasury of 365 gems of daily wisdom from one of the most beloved Buddhist teachers of our age is a help and support for anyone who wants to train to meet every moment of life with 100 percent attention. Thich Nhat Hanh shows how practicing mindfulness can transform every area of our lives—and how its benefits radiate beyond us to affect others and the whole, larger world.

*A Practice for Our Busy Lives*

*Anger*

*The Daily Show (The Book)*

*A Story of True Love*

*Essential Buddhist Sutras and Commentaries*

*Teachings on Love*

*No Mud, No Lotus*

**NATIONAL BESTSELLER** • From the author of Into the Wild and Into Thin Air, this extraordinary work of investigative journalism takes readers inside America’s isolated Mormon Fundamentalist communities. Defying both civil authorities and the Mormon establishment in Salt Lake City, the renegade leaders of these Taliban-like theocracies are zealots who answer only to God: some 40,000 people still practice polygamy in these communities. At the core of Krakauer’s book are brotherhood, blameless woman and her baby girl. Beginning with a meticulously researched account of this appalling double murder, Krakauer constructs a multi-layered, bone-chilling narrative of messianic delusion, polygamy, savage violence, and unyielding faith. Along the way he uncovers a shadowy offshoot of America’s fastest growing religion, and raises provocative questions about the nature of religious belief.

The science behind love. A neurologist explains the real science of chemical changes in the brain during various phases of love. True Love is the last phase of love. 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 go 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 be 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 to rest and be.

“Among Buddhist leaders influential in the West, Thich Nhat Hanh ranks second only to the Dalai Lama.” —New York Times “Thich Nhat Hanh is a holy man. ... His ideas for peace, if applied, would build a monument to ecumenism, to world brotherhood, to humanity.” —Martin Luther King, Jr., nominating Thich Nhat Hanh for the Nobel Peace Prize in 1967. In this much-anticipated follow-up to his bestselling classic, Peace Is Every Step, Thich Nhat Hanh—one of the most revered spiritual instructors in the world—offers a practical, step-by-step guide to insightfull meditation, the world-renowned Vietnamese Zen Buddhist master, poet, scholar, and peace activist illuminates how each of us can incorporate the practice of mindfulness into our every waking moment. In the tradition of The Art of Happiness and Living Buddha, Living Christ, Thich Nhat Hanh’s Peace Is Every Breath opens a pathway to greater spiritual fulfillment through its patient examination of how we live our lives.

*7 Weeks to Attract the Love of Your Life*

*A Practice for Awakening the Heart*

*Fear*

*Sutra on Knowing the Better Way to Catch a Snake*

*Real Love*

*Awakening of the Heart*

*All About Love*

*In True Love Dates, Debra Fileta encourages singles not to “kiss dating goodbye” but instead to experience a season of dating as a way to find real love. Through reading powerful, real-life stories (including the author’s personal journey) and gaining insights from Fileta’s experience as a professional counselor, readers will discover that it is possible to find true love through dating. Christians are looking for answers to finding true love. They are disillusioned with the church that has provided little practical application in the area of love and relationships. They’ve been bombarded by Christian books that shun dating, idolize courtng, fixate on spirituality, and in the end offer little real relationship help. True Love Dates provides honest help for dating by guiding readers into vital relationship essentials for finding true love. Debra is a young, professional Christian counselor, and True Love Dates offer sound advice grounded in Christian spirituality. It delivers insight, direction, and counsel when it comes to entering the world of dating and learning to do it right the first time around. Drawing on the stories and struggles of hundreds of young men and women who have pursued finding true love, Fileta helps readers bypass unnecessary pain while focusing on the things that really matter in the world of dating.*

*In this reassuring and informative resource, Christian relationship counselor Greg Popcak takes a wide view of love and introduces new possibilities of finding different kinds of love everywhere in life—among couples, parents, friends, family, and strangers. Every encounter with another person offers a transformative moment: a chance to transform one’s self and others and derive strength, joy, and grace from the moment. Drawing from contemporary tales and ancient wisdom, this collection includes stories of couples who discover each other anew, friends who help each other through severe illness, couples who learn to accept their family’s messines, adult children who find ways to love their parents only when they are failing in health, and strangers who stand up to protect one another simply because they recognize their shared human dignity. Organized into three parts—the three ways in which to find love—this guidebook illustrates love’s rich variety.*

*The secret to happiness is to acknowledge and transform suffering, not to run away from it. In No Mud, No Lotus, Thich Nhat Hanh offers practices and inspiration transforming suffering and finding true joy. Thich Nhat Hanh acknowledges that because suffering can feel so bad, we try to run away from it or cover it up by consuming. We find something to eat or turn on the television. But unless we’re able to face our suffering, we can’t be present and available to life, and happiness will continue to elude us. Nhat Hanh shares how the practices of stopping, mindful breathing, and deep concentration can generate the energy of mindfulness within our daily lives. With that energy, we can embrace pain and calm it down, instantly bringing a measure of freedom and a clearer mind. No Mud, No Lotus introduces ways to be in touch with suffering without being overwhelmed by it. “When we know how to suffer,” Nhat Hanh says, “we suffer much, much less.” With his signature clarity and sense of joy, Thich Nhat Hanh helps us recognize the wonders inside us and around us that we tend to take for granted and teaches us the art of happiness.*

*Whether you’re looking for love or looking to rekindle love, “Love Doctor” Daphne Rose Kingma saves the day or at least gives you the knowledge required to find, keep, and foster what nearly every one of us desires—true love. She leads us into the principles of “Loving Yourself,” which provide the foundation for everything to come. “Preparing for Love” and “Psychology and Understanding of Love” set the stage for the deeper “Communicating with the Person You Love” and ultimately, the powerful and intimate “*

*An Oral History as Told by Jon Stewart, the Correspondents, Staff and Guests*

*How to Have Confidence and Power in Dealing with People*

*A Saga of Race, Civil Rights, and Murder in the Jazz Age*

*Your Indispensable Guide to Finding the Love of your Life*

*Be Free Where You Are*

*Calling in “The One”*

*Anatomy: A Love Story*

Sister Chan Khong was born in a village on the Mekong River Delta in 1938. Propelled by her passionate dedication to social change, she began working in the slums of Saigon as a teenager, distributing food, helping the sick, and teaching children. In 1964, she joined Zen master Thich Nhat Hanh in founding the School of Youth for Social Service, which grew to an organization of over 10,000 young people organizing medical, educational, and agricultural facilities in rural Vietnam, and rebuilding villages destroyed by the war. this unique autobiography tells the gripping story of a woman who not only lived but made history, and whose single-minded dedication to humility and courageous integrity can serve as an inspiration for all. Learning true love reflects Siter Chan Khong’s spiritual growth against the backdrop of the suffering in her war-torn country, and offers many inspiring examples of how to resolve difficulties and celebrate the joys of a life of service. Chan Khong has for more than three decades worked closely with Thich Nhat Hanh in Vietnam and at his community-in-exile in France, Plum village. -- Publisher description.

How to Love is the third title in Parallax’s Mindfulness Essentials Series of how-to titles by Zen Master Thich Nhat Hanh, introducing beginners and reminding seasoned practitioners of the essentials of mindfulness practice. This time Nhat Hanh brings his signature clarity, compassion, and humor to the thorny question of how to love. He distills one of our strongest emotions down to four essentials: you can only love another when you feel true love for yourself; love is understanding; understanding brings compassion; deep listening and loving speech are key ways of showing our love. Pocket-sized, with original two color illustrations by Jason DeAntonis, Ho to Love shows that when we feel closer to our loved ones, we are also more connected to the world as a whole. With sections on Love vs. Need, Being in Love, Reverence, Intimacy, Children and Family, Reconciling with Parents, and more, How to Love includes meditations you can do alone or with your partner to go deep inside and expand your own capacity to love. Scientific studies indicate that meditation contributes tremendously to well-being, general health, and longevity. How to Love is a unique gift for those who want a comprehensive yet simple guide to understanding the many different kinds of love, along with meditative practices that can expand the understanding of and capacity for love, appropriate for those practicing in any spiritual tradition, whether seasoned practitioners or new to meditation.

Awakening of the Heart is a comprehensive, single volume collection of the Buddha’s key sutras, translated with contemporary commentary by Zen Master Thich Nhat Hanh. It is an essential complement to Happiness, the bestselling collection of meditation and mindful practices released in 2009. Awakening of the Heart captures the heart of Buddhist wisdom and Thich Nhat Hanh’s unique talent to make the Buddha’s teachings accessible and applicable to our daily lives and times. This is a wonderful gift for anyone looking to deepen their practice and understanding of the teachings, as well as a unique resource to understand the fundamentals of Buddhism from its source. With a new introduction and updated commentary, Awakening of the Heart contains the following sutras: Prajnaparamita Heart Sutra, Diamond Sutra, Sutra On Full Awareness OF Breathing, Sutra On The Four Establishments Of Mindfulness, Sutra On The Better Way To Catch A Snake, Sutra On The Better Way To Live Alone , Sutra On The Eight Realizations Of The Great Beings, Discourse On Happiness, Teachings On The Middle Way.

Written together traditional stories, personal experiences, and a deep understanding of the Buddha’s way of mindful living, Thich Nhat Hanh provides step-by-step practices that foster understanding and intimacy in any relationship and extend our love even to those that cause us pain. Teachings on Love is a treasure-trove of guidance for couples, co-workers, or friends who wish to nourish the gift and strength of their relationships and deal creatively with their weaknesses and difficulties. We all yearn to experience a love that is deeper and more joyful. Teachings on Love provides a time-tested path that anyone can follow to nurture the deepest love in ourselves and others. With a new introductory chapter by Thich Nhat Hanh

*How to Fight*

*The Everyday Wisdom of Thich Nhat Hanh: 365 days of practical, powerful teaching s from the beloved Zen teacher*

*How to Create a Loving Relationship That Lasts*

*101 Ways To Have True Love In Your Life*

*True Love Dates*

*Practicing Buddhism in a Time of War*

*Under the Banner of Heaven*

*Craving the busyness and anxieties of daily life to discover the simple happiness of living in the present moment, as taught by a world-renowned Zen monk In this book, Thich Nhat Hanh—Zen monk, author, and meditation master—distills the essence of Buddhist thought and practice, emphasizing the power of mindfulness to transform our lives. But true mindfulness, Hanh explains, is not an escape. It is being in the present moment, totally alive and free. Based on a retreat that Thich Nhat Hanh led for Westerners, You Are Here offers a range of effective practices for cultivating mindfulness and staying in the present moment—including awareness, deep listening, and skillful speech. These teachings will empower you to witness the wonder of life and transform your suffering, both within and outside you, into compassion, tenderness, and peace. As Thich Nhat Hanh declares, “the energy of mindfulness is the energy of the Buddha, and it can be produced by anybody.” It is as simple as breathing in and breathing out.*

The landmark bestseller that changed the way we think about love: “Every line is packed with common sense, compassion, and realism” (Fortune). The Art of Loving is a rich and detailed guide to love—an achievement reached through maturity, practice, concentration, and courage. In the decades since the book’s release, its words and lessons continue to resonate. Erich Fromm, a celebrated psychoanalyst and social psychologist, clearly and sincerely encourages the development of our capacity for and understanding of love in all of its facets. He discusses the familiar yet misunderstood romantic love, the all-encompassing brotherly love, spiritual love, and many more. A challenge to traditional Western notions of love, The Art of Loving is a modern classic about taking care of ourselves through relationships with others by the New York Times–bestselling author of To Have or To Be? and Escape from Freedom. This ebook features an illustrated biography of Erich Fromm including rare images and never-before-seen documents from the author’s estate.

New York Times bestselling author Jennifer Ryan’s follow-up to Waiting on a Cowboy in the exciting new McGrath series. Meet New York Times bestselling author Jennifer Ryan’s McGraths: a family as untamed as the land they call home. Skye Kennedy has always loved the close-knit community of Sunrise Fellowship—but when she witnesses the commune’s new leader commit a terrible crime, she flees...and finds herself in Montana, on the McGrath ranch, and drawn to the stoic yet kind man determined to help her. Declan McGrath has always handled things himself and focused more on work than his love life.

*With his newlywed brothers distracted by their beautiful wives, Declan has even more work on his hands. But when Skye arrives at the ranch starving and desperate for love, his loner days are over. Skye wants to keep her distance and protect Declan from the deadly threats facing her, but soon their relationship morphs into something much more than either of them expected. When she fights back against those out to destroy Sunrise Fellowship, Skye and Declan will have to do everything to protect not just Skye’s community, but also their new love...*

*Bestselling author and Zen Master Thich Nhat Hanh transforms an ancient fable into a timeless parable of a young woman who dares to risk her life for her faith. Born to an aristocratic family in rural Vietnam, Kinh Tam’s uncommon beauty and intelligence were obvious to all she encountered. From an early age she was drawn to the teachings of Buddha and the rewards of a monastic life. But to please her family she agreed to walk the traditional path of marriage. Throughout her marriage, Kinh Tam’s mind was devoted to her husband but her heart never waived from her true calling. She wanted to be a monk and Buddhism was new to Vietnam and temples accepted only men for ordination. Making a decision that would forever change her life, Kinh Tam left town, disguised herself as a novice. Despite the many challenges of living as a man, Kinh Tam thrived and became a beloved member of the community. Years of profound joy and peace passed until a local woman accuses the novice of fathering her unborn child. Kinh Tam is torn between two impossible choices: keep her secret and endure brutal punishment or reveal the truth that would prove her innocence but put an end to her spiritual path. Facing the unbearable with the boundless heart of Buddha, her choice forever changes her life, her country, and her faith. In spare, elegant prose, Thich Nhat Hanh reminds us that we, too, face our own injustices and suffering, and by connecting with love, we can, like Kinh Tam, discover a mind and heart that are peaceful, happy, and free.*

*The Art of Mindful Connection*

*Peace Is Every Breath*

*Wisdom for Cooling the Flames*

*Essential Wisdom for Getting Through the Storm*

*Practicing Buddhism in a Time of War: Easy Read Comfort Edition*

*Arc of Justice*

*Fidelity*

TRUE LOVE 101 is a guide to discovering, creating, and sustaining true love. It consists of four parts: 1. THREE STAGES OF RELATIONSHIPS Learn about the third stage of relationship, which we all desire but few have experienced. 2. THE FOUNDATION OF TRUE LOVE Learn about the necessary foundation upon which our desire for true love can be built. 3.CREATEING TRUE LOVE Learn to understand and constructively respond to our core needs in order to create true love. Without this understanding, we are doomed to rep relationships. With this understanding, we are able to stop sabotaging our desire and start creating true love. 4. SUSTAINING TRUE LOVE Learn the “Truly Loving Practices” that sustain love. It is not enough to discover and create true love. “Truly Loving Practices” empower each of us to do what is necessary to sustain the experience of true love. If you desire to learn how to discover, create, and sustain a loving, lasting relationship, True Love 101 is the practical guide to read and reread.

In Thundering Silence Thich Nhat Hanh presents the early teachings of the Buddha on not becoming so attached to his teachings that we don’t see reality clearly anymore and become stuck in notions and ideologies, however noble they may be. These teachings can liberate us from the prisons of our mental constructions and allow us to enjoy life fully and be a resource for others. Near the end of his life, the Buddha declared, “during forty-five years, I have not said to encourage his disciplines not caught by words or great lion, the “thundering silence of a Buddha.” The attitude of openness, non-attachment from views, and playfulness offered by the Buddha in this sutra is an important door for us to enter the realm of Mahayana Buddhist thought and practice. In Thich Nhat Hanh’s commentaries he makes use of such classic Buddhist allegories, as The Raft is not the Shore, and The Finger Pointing at the Moon and demonstrate the practical applications of these teachings in everyday life. This revised edition contains new material and teachings. The new material makes commentaries on the Sutra on Knowing the Better Way to Catch a Snake more accessible and broader in scope.

NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning The Daily Show with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, The Daily Show with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today’s most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show’s behind-the-scenes gaudy chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers—including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of The Daily Show’s most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show’s highlights, from its origins as Comedy Central’s underdog late-night program to Trevor Noah’s succession, rising from a scrappy become part of the beating heart of politics—a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O’Reilly and Fox, and provocative takes on Wall Street and racism, The Daily Show has been a cultural touchstone. Now, for the first time, the people behind the show’s seminal moments come together to share improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America’s most groundbreaking shows.

“[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. It was under the bodhi tree in India twenty-five centuries ago that Buddha achieved the insight that three states of mind were the source of all our unhappiness: wrong knowing, obsessive desire, and anger. All are difficult, but in one instant emotions—lives can be ruined, and health and spiritual development can be destroyed. With exquisite simplicity, Buddhist monk and Vietnam refugee Thich Nhat Hanh gives tools and advice for transforming relationships, focusing energy, and rejuvenating those parts of ourselves that have been laid waste by anger. His extraordinary wisdom can transform your life and the lives of the people you love, and in the words of Thich Nhat Hanh, can give each reader the power “to change everything.”

*How to Find True Love*

*The Art of Transforming Suffering*

*The Power of Quiet in a World Full of Noise*

*A Talk Given at the Maryland Correctional Institute*

*The Dharma of Star Wars*

*How to Use Science to Understand Love*

*Together We Are One*

What does healthy intimacy look like? How do we keep the energy and passion alive in long-term relationships? What practices can help us forgive our partner when he or she has hurt us? How can we get a new relationship off to a strong and stable start? What do we do if we feel restless in a relationship or attracted to someone outside of our partner? These are just some of the questions Zen master and Nobel Peace Prize nominee Thich Nhat Hanh has been asked by practitioners and readers alike. Deeply moved by the suffering that can be caused by these issues, he offers concrete guidance in his first ever writings on intimacy and healthy sexuality. Fidelity gives the reader to an understanding about how we can maintain our relationships; keep them fresh, and accepting and loving our partner for who they are. Fidelity gives concrete advice on how to stay attentive and nourishing of each other amidst the many responsibilities and pressures of daily life. Readers will learn how to foster open communication, dealing with anger and other strong emotions, learning to forgive, and practicing gratitude and appreciation. Fidelity is written for both couples in a committed relationship wanting to further develop a spiritual dimension in their lives together, and for those where infidelity or hurt may have occurred, and there is a need for best practices to re-weave the net of love and understanding. In addition to addressing everyday occurrences and challenges, Thich Nhat Hanh shows how traditional Buddhist teachings on attachment, deep listening, and loving speech can help energize and restore our relationships. Written in a clear and accessible style, and filled with personal stories, simple practices and exercises,Fidelity is for couples at all stage of relationships. It the guide book for anyone looking to create long-lasting and healthy intimacy.

Based on four retreats that Zen Master Thich Nhat Hanh led specifically for people of color, this book is for people of all colors, backgrounds, and experiences who have ever felt excluded or alienated, or anyone concerned with issues of social justice. Although Together We Are One is based on teachings given to Buddhist practitioners of color, readers of all backgrounds and walks of life will find it an inspirational and practical guide. In chapters focusing on honoring our ancestors, developing understanding and compassion, and seeing the world in terms of interbeing, Nhat Hanh shows how meditation and the practice of looking deeply can help create a sense of wholeness and connectedness with others. Chapters are interspersed with mindfulness practice exercises and the personal stories of skilled workers, such as Larry Ward (author of Love’s Garden), Sr. Chan Khong (author of Learning True Love), and Rev. Hilda Ruyumon Gutierrez Baldoquin (editor of Dharma Color and Culture), about their discovery of a spiritual path, their experience of finding balance, overcoming obstacles in an unpredictable world, and maintaining and sharing insights. Together We Are One is a valuable addition to the unique expression of Buddhism in the West. As in all his writings, Thich Nhat Hanh does not suggest we replace traditional beliefs and customs with Buddhism, but rather emphasizes that a mindful approach to daily life and interaction can help overcome misperception and separation so that we might honor and transcend our differences. Nhat Hanh’s primary focus highlights the basic how-to’s of Buddhist practice, such as mindful walking and eating, the practice of Looking Deeply, and a never before published multicultural version of the Touching the Earth Ceremony, making them accessible possibilities for a better everyday life. A companion movie to the book, featuring Thich Nhat Hanh’s retreat, can be found at www.colorsofcompassion.com

This compendium of the core teachings of Thich Nhat Hanh, based on a talk given at a prison, shows how mindfulness practice can cultivate freedom no matter where you are. “So many of us, inmates and outsiders alike, are in prisons of our own making... The miracle of mindfulness can free us all!”Shepherdstown Chronicle Are you frustrated by stymied relationships, missed connections, and the loneliness of the search for someone to spend the rest of your life with? Are you ready, instead, to find “The One”? In Calling in “The One,” Katherine Woodward Thomas shares her own personal experience to show women that in order to find the relationship that will last a lifetime, you have to be truly open and ready to create a loving, committed, romantic union. Calling in “The One” shows you how. Based on the Law of Attraction, which is the concept that we can only attract what we’re ready to receive, the provocative yet simple seven-week program in Calling in “The One” prepares you to bring forth the love you seek. For each of the 49 days of Thomas’s thoughtful and life-affirming plan, there is a daily lesson, a corresponding practice, and instruction for putting that lesson into action in your life. Meditation, visualization, and journaling exercises will gently lead you to recognize the obstacles on your path to love and provide ways to steer around them. At the end of those 49 days, you will be in the ideal emotional state to go out into the world and find “The One.” An inspirational approach that offers a radical new philosophy on relationships, Calling in “The One” is your guide to finding the love you seek.

*Your True Home*

*New Visions*

*Easyread Edition*

*Silence*

*You Are Here*

*Honoring Our Diversity, Celebrating Our Connection*

**True Love**A Practice for Awakening the HeartShambhala Publications

**\*INSTANT #1 NEW YORK TIMES BESTSELLER\* \*INSTANT #1 INDIE BESTSELLER\* \*INSTANT USA TODAY BESTSELLER\* \*A REESE'S YA BOOK CLUB PICK\* "Schwartz's magical novel is at once gripping and tender, and the intricate plot is engrossing as the reader tries to solve the mystery. She doesn't miss a beat in either the characterization or action, scattering clues with a delicate, precise hand. This is, in the end, the story of the anatomy of the human heart." - Booklist (starred review) Dana Schwartz's Anatomy: A Love Story is a gothic tale full of mystery and romance. Hazel Sinnett is a lady who wants to be a surgeon more than she wants to marry. Jack Currer is a resurrection man who's just trying to survive in a city where it's too easy to die. When the two of them have a chance encounter outside the Edinburgh Anatomist's Society, Hazel thinks nothing of it at first. But after she gets kicked out of renowned surgeon Dr. Beecham's lectures for being the wrong gender, she realizes that her new acquaintance might be more helpful than she first thought.**

Because Hazel has made a deal with Dr. Beecham: if she can pass the medical examination on her own, Beecham will allow her to continue her medical career. Without official lessons, though, Hazel will need more than just her books—she'll need corpses to study. Lucky that she's made the acquaintance of someone who digs them up for a living. But Jack has his own problems: strange men have been seen skulking around cemeteries, his friends are disappearing off the streets, and the dreaded Roman Fever, which wiped out thousands a few years ago, is back with a vengeance. Nobody important cares—until Hazel. Now, Hazel and Jack must work together to uncover the secrets buried not just in unmarked graves, but in the very heart of Edinburgh society.

Learn how to relax the bonds of anger, attachment, and delusion through mindfulness and kindness toward ourselves and others. The Mindfulness Essentials series introduces beginners and reminds seasoned practitioners of the essentials of mindfulness practice. This time Nhat Hanh brings his signature clarity, compassion, and humor to the ways we act out in anger, frustration, despair, and delusion. In brief meditations accompanied by whimsical sumi-ink drawings, Thich Nhat Hanh instructs us exactly how to transform our craving and confusion. If we learn to take good care of our suffering, we can help others do the same. How to Fight is pocket-sized with two color original artwork by California artist Jason DeAntonis.

You are a person worthy of love. You don't have to do anything to deserve all the love in the world. Real Love is a creative tool kit of mindfulness exercises and meditation techniques that help you to truly engage with your present experience and create deeper love relationships with yourself, your partner, friends and family, and with life itself. Sharon Salzberg, a leading expert in Lovingkindness meditation, encourages us to strip away layers of negative habits and obstacles, helping us to experience authentic love based on direct experience, rather than preconceptions. Across three sections, Sharon explains how to dispel cultural and emotional habits, and direct focused care and attention to recapture the essence of what it is to love and be loved. With positive reflections and practices, Sharon teaches us how to shift the responsibilities of the love that we give and receive to rekindle the powerful healing force of true connection. By challenging myths perpetuated by popular culture, we can undo the limited definitions that reduce love to simply romance or passion, and give the heart a much needed tune-up to connect ourselves to the truest experience of love in our daily lives.

**Guide to Discovering, Creating, and Sustaining True Love**

**Love of a Cowboy**

**The Novice**

**Learning True Love**

**The Miracle of Mindfulness**

**A Story of Violent Faith**

**True Love 101**

Learning True Love, the autobiography of Sister Chân Không, stands alongside the great spiritual autobiographies of our century. It tells the story of her spiritual and personal odyssey, both in her homeland and in exile. Its anecdotal style presents an intensely personal portrait of a woman with astonishing courage, offering us a perspective on the suffering of the Vietnamese people. This unique autobiography tells the gripping story of a woman who not only lived but made history, and whose life of single-minded dedication to humanity can serve as an inspiration for us all. Sister Chân Không was born in a village on the Mekong River Delta in 1938. In her teens she devoted her life to the development and practice of nonviolence grounded in the Buddhist precepts of non-killing and compassionate action. Propelled by her passionate dedication to social change, she began working in the slums of Saigon, distributing food, working with the sick, and teaching children. When she was 21 years old she met the man who until to this day remains her teacher and spiritual companion: Thich Nhat Hanh. With him she co-founded the School of Youth for Social Service in 1964, which grew to an organization of over 10,000 young people organizing medical, educational, and agricultural facilities in rural Vietnam, and rebuilding villages destroyed in the fighting. Sister Chân Không became well known in the anti-war and peace community for her work promoting human rights and protesting repression and violence, often at risk of her own life. She continues to do this work today. After the war she became one of the co-founders of Plum Village, the spiritual center, that is home to Thich Nhat Hanh's community in France, where she continues to be deeply involved in the development and vision for this unique community. In January of 2005, after nearly 40 years in exile, Sister Chân Không was able to return on a 3-month visit to Vietnam. In this fully revised edition of Learning True Love she movingly describes the return to her homeland, the reunions with many old friends and fellow activists, and shares her impression of the "new Vietnam," where Buddhists still struggle for religious freedom and the re-establishment of their own organizations. Learning True Love is a moving personal memoir, an introduction to the mindfulness teachings and life of Thich Nhat Hanh and his community in exile, an overview to the development of the European and American peace and human rights movement, and an introduction to the engaged and practical style of Vietnamese Buddhism. It documents the process that brought an end to the US Vietnam war, and gives a lively summary of Vietnamese history from 1945 to the current political, social and spiritual climate in Vietnam. Learning True Love also portrays some of the many remarkable people that shared Sister Chân Không 's path. Foremost however it is the remarkable and impressive story of a very courageous woman, whose journey from an accredited biologist at the University of Paris to a Buddhist nun, gives her unique insight into life's central questions and the ability to address them in an unflinching and straightforward manner. Forewords by Thich Nhat Hanh and Maxine Hong-Kingston