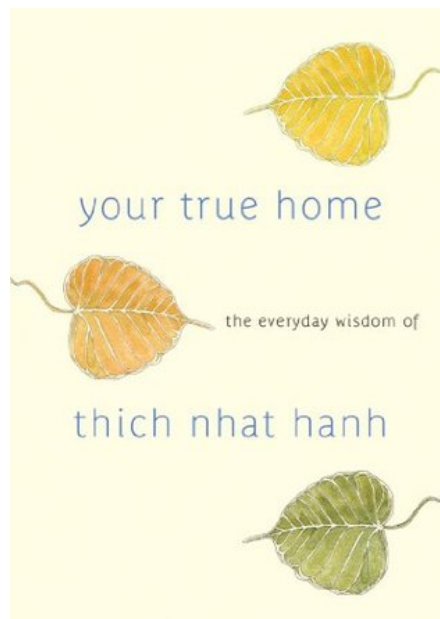




Your True Home: The Everyday Wisdom of Thich Nhat Hanh

Thich Nhat Hanh , Melvin McLeod (Editor)

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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.

Your True Home: The Everyday Wisdom of Thich Nhat Hanh Details

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From Reader Review Your True Home: The Everyday Wisdom of Thich Nhat Hanh for online ebook

Trey Nowell says

Excellent daily devotional words of wisdom, highly suggest it for anyone not wanting to do a ton of reading but interested in feeling inspired.

Gary Broyhill says

A great way to start every day. 365 quotes and thoughts from Thich Nhat Hanh that start you out on the right path for the 24 hours ahead.

Vu Thao Vy says

Simple words yet contains deep meanings. To be happy, we need to be in the here and now. Most of us are dragged away with tons of hectic things going around and we lose ourselves in the rush. Breathing is the easiest way to take a break and wake ourselves up to live in the present.

Karin Nemec says

Thich Nhat Hanh has written 365 Zen Buddhist stories which help to bring the energy of true presence into life and live life more fully. He explains that experiencing present moment mindfully and deeply will bring us joy, happiness, and understanding of life. Breathing deeply is the good method to bring yourself back to present. It's a good book to those who are interested in mindfulness and Zen Buddhism in modern style.

Linda Hollingsworth says

Your True Home by Thich Nhat Hanh is a book of practice; our practice is simply to live in the present moment, our true home. This little book's jewel-like quality comes from its perseverance of that simplicity in short teachings, facets of a jewel designed to stimulate insight; one facet sparkles with helpful instructions for our practice of mindful sitting, breathing, and walking so that insight can blossom in our lives at the most basic level.

Of the many wonderful books he has written, this is my favorite because of the simplicity and directness of teachings that stimulate awareness and permit us to enter into conversations with our own experience. I have read it many times and will continue because a simple sentence of Thay's can stimulate ever deeper understanding each time it is contemplated anew. That's real growth, and it includes not only the sun gathering leaves of my life, but also growth in the roots going ever deeper. I am home.

Nathan says

Bought this book over the new year, I find I can open to any page at any time and find something relevant for me at that moment. Pretty fun and one of the few books worth owning.

Bobby says

I doubt that there is such a thing as a Thich Nhat Hanh book that deserves less than a 4-star review, his books are so insightful, delightful, charming, and more. That said, I did not think this one was as enjoyable and profitable as every other one I have read, by no fault of the author. This is a collection of 365 daily readings, bit size little bits from Nhat Hanh's previous books. So, the insight is still there but it is always taken out of context which frequently makes it make less sense than it would in context. I'd recommend, instead of this collection, to pick up books like his "How To" series (How to Relax, Sit, Walk, etc.) or Peace Is Every Step or any of the many others that are divided into smaller sections. That way you get the insight and the context!

Annie says

Lovely, short, daily inspirational read.

Lyn says

"Aimlessness, nonattainment, is a wonderful practice." #265
I've been looking for this assurance

Carleen says

"For things to reveal themselves to us, we need to be ready to abandon our views about them."

Emma-Kate Schaaake says

Perfection.

Jacqueline says

I put this book on my kitchen counter back in January, and over the course of the year, I have read a pages here and there. My goal was to read one page per day, but that didn't work out. So I'd sometimes read 3-4 pages and then I'd miss a few days when out of town or if I forget. At times, I'd read a page a day for many days in a row. Some of the daily passages I shared with my family to provide food for thought. I really liked

this book a lot and I think putting it out and reading a page a day (or how I did it) is a great idea. It took me almost the year to complete it, which was great. It's all short, daily passages with nuggets of wisdom. I enjoyed many of them!

Anna says

Daily coffee and read book....excellent!

Katie says

A couple weeks ago I decided I would spend every Sunday reading about self-development. This is a great book for dedicating as little or as much time as you want to contemplating mindfulness, impermanence, and compassion. It's broken up into 365 teachings, so they're designed to be quick and to carry you through the year, but it's easy enough to read several in the morning and try to practice them throughout the day.

Nothing new here, yet still thought provoking!

Cherie says

Great shorts, also very good for opening up yoga classes and creating themes for yoga classes.
