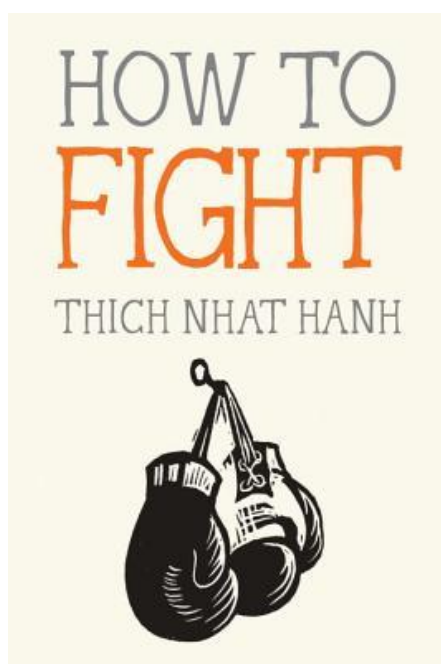




How to Fight

Thich Nhat Hanh , Jason DeAntonis (Illustrations)

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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.

How to Fight Details

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Author : Thich Nhat Hanh , Jason DeAntonis (Illustrations)

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Genre : Nonfiction, Spirituality, Religion, Buddhism, Self Help, Psychology, Philosophy

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From Reader Review How to Fight for online ebook

Derek says

How to Fight is a wonderfully positive book full of helpful outlooks and healthy attitudes. I would recommend it to anyone interested in practical mindfulness.

Jody says

Quick and powerful read primarily on how we relate to each other especially with compassion and in recognition of suffering. While I could have read it faster, it felt like I needed time to fully absorb the content, so I read it a little bit at a time. Frankly it would be a great daily reader. I marked passages I particularly like in my copy, but for me it would require regular reading and practice of the concepts to fully benefit from the content. I see now that it is part of a series, and I'm excited to read more. The concepts are good ones to keep close in mind and heart.

Alice Wonders says

I feel like people should just read this instead of The Alchemist. Thich Nhat Hanh is always great.

Ben says

In my attempt and progress to better myself and grow I picked this up at the library. By the great Buddhist Thich Nhat Hanh, this is a short (quick too) book of teachings and lessons on how to be more mindful, how to get rid of anger, how to stop arguments and not escalate them, how to relieve suffering (in ourselves and others) and how to show compassion. Something we can all learn from.

I know I personally struggle with anger. Getting mad over the little things and ignoring the big things, harvesting and keeping resentment for others and for life in general. This is helpful in that regard. Giving me some more insight and tools to use to steady and calm myself, to keep my anger at bay, and to also discuss things with people who have angered or wronged me.

Mary says

I need to re-read this twice a day.

Lorna says

I love these little books. They are deceptively easy to read and have the sweetest illustrations. This book has practical and easy to implement help with reconciliation and peace in our daily lives.

Mera Liccione says

I would re-title this book “How to fight with people you love.” In that context, Hanh gives excellent direction. However, these techniques are blind to power inequities and situations where people actively wish to manipulate you or do you harm. Employing these techniques against someone who is a bully or abusive, regardless of how much they are suffering, is a recipe to heap more pain on the targeted person. I can see this book doing real harm in those encounters. Hanh includes no acknowledgement that sometimes the path to peace is acceptance that you cannot change the situation and must pull away to take care of yourself. That said, I think the book does have great utility in teaching one how to deal when friends and loved ones inflict hurt.

Amy says

He's amazing
Simple words with such power and meaning

Freesiab (Bookish Review) says

If you're new or not to Buddhist concepts, this little book is a great reminder on how to stay human when everyone around you does not. I picked this up at Powell's at the Portland Airport and I'm glad I did! It's a quick little book read that carries some pretty heavily important concepts on how you control you during a conflict. Excellent book!

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Melanie Lorenzo says

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One Arrow Can Save Two Birds

When you remove the conflict within yourself, you also remove the conflict between yourself and others. One arrow can save two birds at the same time— if the arrow strikes the branch, both birds will fly away. First, take care of yourself. Reconcile the conflicting elements within yourself by being mindful, looking deeply, and practicing loving kindness and compassion toward yourself. Then, reconcile with the people closest to you by understanding and loving them, even if they themselves lack understanding.

Nathan says

Great read! Very short and full of down to earth wisdom. This is a good book to just own and open up to a random page when you're wondering how to proceed on a difficult issue. It inspired me to take a few healing

actions with friends.

Tom Sadira says

If you recognize the author's name, you probably realize the title is a bit cheeky and that this isn't a manual on kung fu or self defense.

Thich Nhat Hanh explains that the best way to fight is to not fight. He positions fighting (and violence & war) as the fruit of something else, and beckons us to look at the roots of that fruit. On this premise he uses short pagelong essays to take the reader down all of Buddhism's basic ideas: acknowledgement of suffering in ourselves and those we consider our opponents, the role ignorance and mindfulness play in suffering, and how through mindfulness, acceptance, understanding and compassion we can starve the roots of suffering, thus the roots of fighting.

He never really goes into how to practice meditation, which is fine, and might be intentional—although it seems like any reader who'd been paying attention might want to learn how. He does, however, include some interesting concepts like a Peace Treaty and Peace Notes for use in families, and something that at first glance I thought was too ridiculous (even for me), but after reading further, I couldn't deny can be a powerful tool to practice with those we love—hugging meditation. :)

Ryan says

Quick, easy read, but with information that can change your perspective. This is a good one to read again and again.

Annie says

Much like the others in this How To Series; small book much wisdom.

Alvin says

A short book meant to be read over and over again. It is a great reminder to listen more, talk less, and take care of yourself. Easy enough, right?
