



Peacemaking: How to Be It, How to Do It - A Buddhist Priest Looks at Anger and Its Control as the Key to Being One with Our World

Thich Nhat Hanh

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"He shows us the connection between personal inner peace and peace on earth." (His Holiness the Dalai Lama)

Known and loved worldwide for his teachings on mindfulness and compassion, Thich Nhat Hanh was once nominated for the Nobel Peace Prize by Martin Luther King, Jr. In *Peacemaking*, this beloved Zen master returns to the theme that first brought him to the world's attention: peace and how to embody it.

Looking deeply into the roots of anger, Thich Nhat Hanh emerges with real solutions to the violence we commit against ourselves and each other. He uses the philosophy of nondualism to show that we are not separate but one with our feelings and the world, and he teaches that the awareness of anger, not its suppression, is key to its control. From the keys to transforming anger through meditation to putting kindness into action to heal the wounds between nations, *Peacemaking* is Thich Nhat Hanh's personal testament to the spiritual and practical power of nonviolence.

Topics include: interbeing; the effects of awareness; liberation through insight; cultivating nonviolence toward self; understanding your enemies; what the Vietnam War taught us; mindfulness and ecology; restoring yourself; kindness in action; ideal solitude; teaching children peacemaking; and more.

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