



Inside the Now: Meditations on Time

By Thich Nhat Hanh

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This beautifully designed book will be cherished for generations. Written in the summer of 2013, *Inside the Now* contains the most recent, never before published commentaries and reflections of Thich Nhat Hanh on living in stillness and timelessness.

The book begins with an autobiographical reflection in which we hear the voice of the young monk, poet, and community-builder struggling in war-torn Vietnam to develop a Buddhism relevant to the suffering of his time. These early experiences lay the groundwork for Thich Nhat Hanh's insights into the nature of time and interbeing.

In part two, we hear the clear, direct voice of the Zen Master challenging us to open our hearts, seize the moment, and touch the now. The book is interspersed with poetry from other Zen masters as well as the author's own verse and calligraphy.

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Inside the Now: Meditations on Time By Thich Nhat Hanh Bibliography

- Sales Rank: #741525 in eBooks
- Published on: 2015-10-13
- Released on: 2015-10-13
- Format: Kindle eBook

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Editorial Review

Review

“Thich Nhat Hanh shows us the connection between personal inner peace and peace on Earth.” — His Holiness The Dalai Lama

“Beneath Thich Nhat Hanh’s serene demeanor lies a courageous warrior.” — Oprah Winfrey

About the Author

Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books include *Happiness* and *Peace Is Every Step*. He lives in Plum Village in southwest France, where he gardens, writes, and teaches the art of mindful living.

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