

The book was found

The Art Of Power





Synopsis

Turning our conventional understanding of power on its head, world-renowned Zen master, spiritual leader, and national bestselling author Thich Nhat Hanh reveals how true power comes from within. What we seek, we already have. --This text refers to the Paperback edition.

Book Information

Audible Audio Edition

Listening Length: 6 hours A A and A A 27 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Tantor Audio

Audible.com Release Date: September 20, 2007

Whispersync for Voice: Ready

Language: English

ASIN: B000WBZ7Z0

Best Sellers Rank: #53 inà Â Books > Audible Audiobooks > Religion & Spirituality > Buddhism &

Eastern Religions #54 in A Books > Politics & Social Sciences > Philosophy > Eastern >

Buddhism > Zen > Philosophy #110 inà Â Books > Audible Audiobooks > Nonfiction > Philosophy

Customer Reviews

For those interested in deepening their understanding of how they can affect the world and themselves not by "action in the world" but by increasing awareness of what is going on within them, this is an eye opening book. It is not that this hasn't been written about many times in many ways, but Thich Nhat Hanh has a very compelling, clear communicative gift for translating the mystical aspects of Buddhism into everyday contemporary terms that are relevant to everyone. People who love Pema Chodron's books will love this as well. People for whom power in one form or another has been an important striving will be struck by his unique take on it. I have never read anyone who has elaborated the perspective on it he outlines.

What a wonderful title for a book. The path of peace is often, and very wrongly, associated with weakness. This book demonstrates quite effectively just how powerful inner peace is. Take for example, a person suffering from a crippling depression brought on by an accumulation of fear, hatred, anger and despair - this person is truly weak as is the person plagued by bouts of anger or paralyzed by fear. As Nhat Hahn's writes, you cannot destroy energy, but only convert it from one

form to another. Consider for a moment, what might happen if you transformed your negative emotions into happiness, peace, joy and love...

Its a great book, it definitely has a lot to teach. I bought this book on a recommendation from a business partner, and it gives the spiritual balance to an other wise hectic life. I think you can gain the most out of it as a slow read, taking time to digest the material, and let it sink in before you move on with each chapter

This book is all about the falsehood of modern understanding of power. We are asked to look within ourselves, find who we are and realize our own power. Thich Nhat Hanh writes beautifully and doesn't force any particular view, religion, or understanding on the reader, he simply explains his interpretation in a fashion that is easily understood and very persuasive!

Excellent book to reassess your priorities! Sometimes we are trapped in the idea of success that you forget to enjoy life or you get sick. When reading the book and understanding the examples you are able to assess your life with new criteria and realize the changes you should do in order to find peace within you.

For a novice learning this practice or someone wanting to gain understanding of their life, this book is simple and clear. It is a book I will reread over time for sure.

great read

It's been a long time since I've read anything written from a Buddhist perspective. The Great Recession changed my daily life significantly and left me in a Great Funk. Fortune finally winked at me in the form of a full time job with benefits and half of the salary I made before. The job was extremely stressful mostly because the leadership was lost and consequently unkind. The Art of Power has elucidated for me where most problems lied in that job and in most human endeavor...inattention to being. It reminded me to breathe.

Download to continue reading...

Solar Power: The Ultimate Guide to Solar Power Energy and Lower Bills: (Off Grid Solar Power Systems, Home Solar Power System) (Living Off Grid, Wind And Solar Power Systems) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop

Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Power Pivot and Power BI: The Excel User's Guide to DAX, Power Query, Power BI & Power Pivot in Excel 2010-2016 Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconcious mind power, NLP, Neuro Linguistic Programming) Off-Grid Living: How To Build Wind Turbine, Solar Panels And Micro Hydroelectric Generator To Power Up Your House: (Wind Power, Hydropower, Solar Energy, Power Generation) State Estimation in Electric Power Systems: A Generalized Approach (Power Electronics and Power Systems) Power Pressure Cooker XL Cookbook: The Only Power Pressure Cooker XL Recipe Book You Need To Wow Your Family. 177 Power Pressure Cooker XL Recipes For A Day Of Complete Wow! The Art of Social Media: Power Tips for Power Users Wind Power Generation And Distribution (Art and Science of Wind Power) The Aesthetics of Power: Essays in the Critical History of Art (Cambridge Studies in New Art History and Criticism) Selling Fine Art Photography: How To Market Your Fine Art Photography Online To Create A Consistent Flow Of Excited Art Buyers Who Love What You Do Beer, Art And Philosophy: The Art of Drinking Beer with Friends is the Highest Form of Art Concerning the Spiritual in Art (Dover Fine Art, History of Art) The Art of Teaching Art: A Guide for Teaching and Learning the Foundations of Drawing-Based Art The Collins Big Book of Art: From Cave Art to Pop Art The Art of Art History: A Critical Anthology (Oxford History of Art) Gardner's Art through the Ages: The Western Perspective, Volume II (with Art Study & Timeline Printed Access Card) (Gardner's Art Through the Ages: Volume 2) Interesting Facts About The Ancient African Art - Art History for Kids | Children's Art Books DK Art School: An Introduction to Art Techniques (DK Art School) Native American Art - Art History Books for Kids | Children's Art Books

Contact Us

DMCA

Privacy

FAQ & Help