



Answers from the Heart: Practical Responses to Life's Burning Questions

Thich Nhat Hanh

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"Thich Nhat Hanh shows us the connection between inner peace and peace on Earth." His Holiness the Dalai Lama.... What is the right way to live? How do I balance my work and my family? Why do I worry, even when everything is okay? How can I repair my relationship with my parents? In *Answers from the Heart*, Zen Master Thich Nhat Hanh offers his personal, heartfelt, and often surprising answers to fifty of the most pressing and common questions he has ever been asked. Each answer is a concise summary of Thich Nhat Hanh's own insight based on his lifetime of practice. The book is divided into six sections: Daily Life, Living and Dying, Engaged Buddhism, Mindfulness Practice, Family and Relationships, and Children's Questions. Together, the questions and answers provide a useful guide for dealing with concrete problems, an accessible way in to Buddhist teachings, and a lively glimpse into the connection between students and their teacher.

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