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The Heart of the
Buddha's Teaching

Thich Nhat Hanh

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Thich Nhat Hanh, a Vietnamese Zen master, poet, best-selling author and peace activist, has been a Buddhist monk for over 40 years. He was chairman of the Vietnamese Buddhist Peace delegations during the Vietnam War and was nominated by Dr Martin Luther King for the Nobel Peace Prize. In 1966 he visited the United States and Europe on a peace mission and was unable to return to his native land. Today he heads Plum Village, a meditation community in southwestern France, where he teaches, writes, gardens and aids refugees worldwide.

'Thich Nhat Hanh writes with the voice of the Buddha.'

Sogyal Rinpoche

'Thich Nhat Hanh is more my brother than many who are nearer to me in race and nationality, because he and I see things in exactly the same way.'

Thomas Merton

Other Books by Thich Nhat Hanh

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The Blooming of a Lotus
Breathe! You Are Alive
Call Me by My True Names
Cultivating the Mind of Love
The Diamond That Cuts through Illusion
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The Heart of the Buddha's Teaching

TRANSFORMING SUFFERING INTO
PEACE, JOY, & LIBERATION:
THE FOUR NOBLE TRUTHS,
THE NOBLE EIGHTFOLD PATH, AND
OTHER BASIC BUDDHIST TEACHINGS

Thich Nhat Hanh



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