



The Heart of the Buddha's Teaching: Transforming Suffering into Peace, Joy, and Liberation

Thich Nhat Hanh

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In *The Heart of the Buddha's Teaching*, now with added material and new insights, Thich Nhat Hanh introduces us to the core teachings of Buddhism and shows us that the Buddha's teachings are accessible and applicable to our daily lives. With poetry and clarity, Nhat Hanh imparts comforting wisdom about the nature of suffering and its role in creating compassion, love, and joy – all qualities of enlightenment. Covering such significant teachings as the Four Noble Truths, the Noble Eightfold Path, the Three Doors of Liberation, the Three Dharma Seals, and the Seven Factors of Awakening, *The Heart of the Buddha's Teaching* is a radiant beacon on Buddhist thought for the initiated and uninitiated alike.

“Thich Nhat Hanh shows us the connection between personal, inner peace, and peace on earth.”

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