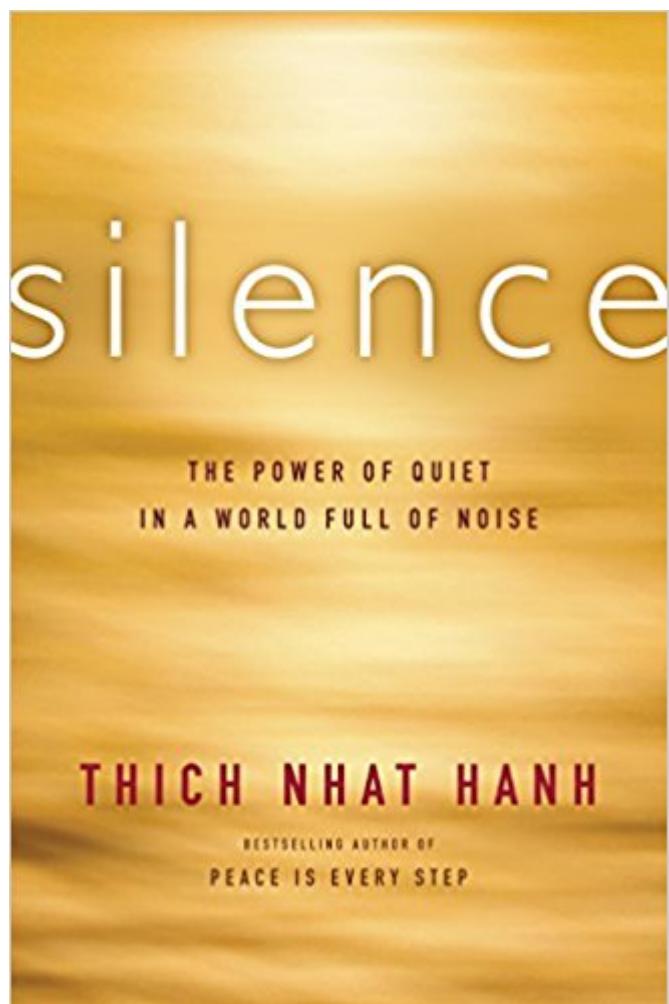


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# Silence: The Power Of Quiet In A World Full Of Noise



## Synopsis

The Zen master and one of the world's most beloved teachers returns with a concise, practical guide to understanding and developing our most powerful inner resource—“silence”—to help us find happiness, purpose, and peace. Many people embark on a seemingly futile search for happiness, running as if there is somewhere else to get to, when the world they live in is full of wonder. To be alive is a miracle. Beauty calls to us every day, yet we rarely are in the position to listen. To hear the call of beauty and respond to it, we need silence. Silence shows us how to find and maintain our equanimity amid the barrage of noise. Thich Nhat Hanh guides us on a path to cultivate calm even in the most chaotic places. This gift of silence doesn't require hours upon hours of silent meditation or an existing practice of any kind. Through careful breathing and mindfulness techniques he teaches us how to become truly present in the moment, to recognize the beauty surrounding us, and to find harmony. With mindfulness comes stillness—and the silence we need to come back to ourselves and discover who we are and what we truly want, the keys to happiness and well-being.

## Book Information

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## Customer Reviews

“How do we practice mindfulness? As we have come to expect, Hanh's instructions are accessible and concise: “You stop, you breathe, and you clear your mind.” (Publisher's Weekly) In his new book, Thich Nhat Hanh offers tips on finding some internal and external silence so we can hear the call of beauty. We discover how to pay attention, how to listen deeply,

and how to be still. Silence, says Thich Nhat Hanh, is profoundly joyful and nourishing. • (Shambhala Sun) • How do we practice mindfulness? As we have come to expect, Hanh's instructions are accessible and concise: "You stop, you breathe, and you clear your mind." • (Sam Mowe, Spirituality & Health) • While not intended to be a reader's first guide to Buddhism, Hanh's newest title is a graceful contribution to contemporary Buddhist literature and one of the author's finest works. • (Library Journal) • A powerful piece from an insightful and gentle guide who understands how to reach a broad Western audience through social media. Thich Nhat Hahn again shows how his brilliance shines in writing by demonstrating the eloquence of simplicity. • (Booklist)

One of the world's most beloved teachers and Zen masters shares a profound, concise, and practical guide to understanding and developing our most powerful inner resource—silence—to help us find happiness, purpose, and peace. We spend a lot of our lives searching for happiness, running from one thing to another, worrying about the past and being anxious about the future. All the while the world around us is overflowing with the wonder and contentment we seek. This beauty calls to us every day, yet we rarely are in the position to listen. If we don't have silence in ourselves, if our minds and our bodies are full of noise, we can't hear beauty's call. In Silence, Thich Nhat Hanh guides us on a path to cultivate the calm within ourselves and experience the profound power of quiet amid our noisy everyday lives. The gift of silence doesn't require hours upon hours of solitary meditation or an existing practice of any kind. With mindfulness comes the stillness we need to come home to ourselves and discover who we are and what we truly want. Combining powerful stories, timeless wisdom, and simple mindfulness techniques, Thich Nhat Hanh shows us that silence is at the heart of the happiness we seek. --This text refers to the Hardcover edition.

I picked this book because silence was what I was looking for and I found it in this book. It is a book on the subject of mindfulness. To skip to the point, if you have a learning style that requires structure, you can find a better book. If you have a learning style where you pick up things in bursts of activity whenever you can devote time to the subject, you will like this book. I discovered mindfulness after watching a video on YouTube with Jon Kabat Zin hosting a session he held at Google. I picked up his book Full Catastrophe Living. It read to me like enthusiastic 8 week boot camp that you have to follow or you feel like your doing it wrong in spite of the authors best efforts to remind you that you cannot truly do it wrong. I don't see this necessary as wrong approach. I've

seen there are 8 week classes out there and my suspicion this would work better as a class rather than self taught. This would be the structured approach I was referring too and as a result I recommend this book for those sorts of learners.Ultimately I wasn't really interested in meditation. I was looking for a way to quiet my world. There are many paths to achieve the quiet I was looking for, that I'm certain. So far none had seemed to work. Never has a book had a title so appropriately for what I was looking for. So naturally I snatched it up. I found Hanh's methods to be simpler to apply than Zinn's. They didn't feel like homework assignments. There was no suggested pacing to imply that after so many weeks you have everything you need. Rather than encouraging one to set aside 30 minutes a day, as you progress through the book you eventually learn enough to practice mindfulness all day so should you chose. Hanh trying to help you shut off the Non Stop Radio in your head and 30 minutes a day doesn't help. You need a method that you can use whenever you need to shut that radio off. This felt more natural and was more useful. It was more helpful as I could practice this not only when ever I wanted, but whenever I needed.

The latest book from Zen master, Thich Nhat Hahn, deals with the issue of silence from mindfulness. Not silence as the absence of sound. But silence as the quieting of one's mind while being mindful of the breath, walking, or silence itself. Useful exercises can be done while reading the quick, 189-page book. Come home to yourself, without the constant thinking, and be alive in this beautiful and precious present moment. Deep bows to Thich. Get well soon, sir.

Very good reminder of the values of slowing down and quieting the mind. Also wanted to read this as it was the last book he wrote before his devastating stroke.

This is a short and pithy book that could be helpful to someone who has never meditated as well as someone who has been trying for some time. As someone who values my peace and quiet and living mostly in silence it surprises me to learn how many people are afraid of experiencing quiet in their lives. Amazingly for someone who is a monk living in a monastery he understands a great deal about the problems of all people of all ages living today in contemporary society.

Great book like everyone he writes.

Love this book. In this time where the everyday noises around us seem normal. I take great pleasure in tuning out those noises and breathing deeply and remembering the amazing sounds of nature.

We can gain by reading this thoughtful book, in this time of high tech speed, children and adults who live by their devices and actually have lost the fine art of holding a conversation.

Again, Thich Nhat Hanh has written a book with such wisdom, clarity and in a simple style that I have come to love and appreciate. What he is saying in this book is so relevant to people today....and the reminders to not only be silent but to silence our minds is an important tool for living.

Such a relaxing book. I borrowed it from the library, but I had to buy my own copy to have on hand. I love the meditation passages. Silence is one of my all-time favorite books that I keep opening up.

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