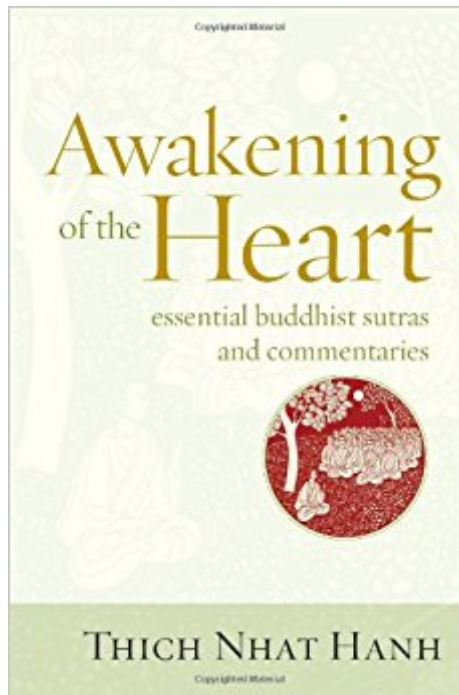




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# **Awakening Of The Heart: Essential Buddhist Sutras And Commentaries**



## Synopsis

Awakening of the Heart is a comprehensive, single volume collection of the Buddhaâ€™s key sutras, translated with contemporary commentary by Zen Master Thich Nhat Hanh. It is an essential complement to Happiness, the bestselling collection of meditation and mindful practices released in 2009. Awakening of the Heart captures the heart of Buddhist wisdom and Thich Nhat Hanhâ€™s unique talent to make the Buddhaâ€™s teachings accessible and applicable to our daily lives and times. This is a wonderful gift for anyone looking to deepen their practice and understanding of the teachings, as well as a unique resource to understand the fundamentals of Buddhism from its source. With a new introduction and updated commentary, Awakening of the Heart contains the following sutras: Prajnaparamita Heart Sutra, Diamond Sutra, Sutra On Full Awareness Of Breathing, Sutra On The Four Establishments Of Mindfulness, Sutra On The Better Way To Catch A Snake, Sutra On The Better Way To Live Alone , Sutra On The Eight Realizations Of The Great Beings, Discourse On Happiness, Teachings On the Middle Way.

## Book Information

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## Customer Reviews

Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books include Happiness and Peace Is Every Step. He lives in Plum Village in southwest France, where he gardens, writes, and teaches the art of mindful living.

I can't recommend this book highly enough. It contains the actual sutra translations - often with

more than one version of the sutra if there are historical differences. The commentaries by Thay are superb and immediately relevant to daily life and practice. It's the sort of book that you read once, turn back to the beginning, and start reading again.

All his writings are beautifully written by a true bodhisattva. When I would finish one of his books I would only hope that the book was longer. In this book I got my wish! At over 500 pages it is a hefty read packed with information! The best parts in this book for me, by far, were Thay's commentaries on the sutras. The Suttras could get repetitive and take up much of the text with 15 or 16 parts in each Suttras. Then Thay would clearly explain his interpretation of that sutra. I will give it some time then I will reread it again.

Thich Nhat Hanh brings the Buddha's words to Westerners in language that is understandable and practical. This book can be used as a study guide for anyone regardless of religious beliefs. It offers guidelines on incorporating mindfulness into everyday life. In our busy, multitasking, competitive society, it is a breath of fresh air. I find myself highlighting many passages for future reference. This book is helpful for beginners and seasoned mindfulness practitioners alike. His writing is clear and concise for beginners. He offers reminders and gentle nudges for those of us who are already practicing mindfulness but get caught up in the societal hamster wheel. Highly recommended.

I've only read about 25% of the book so far. It's beautifully and thoughtfully written. And it's very informative and enlightening. I think it's one of Thich Nhat Hanh's best works. I'm very happy that I purchased it.

This book is probably one of the best places to start if you want to understand Buddhism. Contained are translations of several key discourses from the Buddhist scriptures, along with insightful commentaries by Thich Nhat Hanh, arguably the second most famous living Buddhist teacher. If you've been practicing for some time, this is a great book as well. Thay's famous insight and style exude from every page, and each return trip yields new observations and new wisdom. All of the content here is also available as books containing one or two of the enclosed discourses and commentaries. So by purchasing this you're really getting content that used to be spread out over five or six books.

I love Thay's wisdom. I read daily and find his wisdom very enlightening and encouraging. Short

readings that I let soak in and grow with me all day long. My Yoga instructor has the same book and it has an appearance of being loved for years. She says it's her favorite inspirational daily reading and she reads them in class all the time as recommended daily intentions.

An extremely thorough and insightful text with great commentary from Thay.

Bought the kindle version. This is an excellent collection of basic Buddhist texts and commentaries. It can function as a basic reference book and includes many ideas to deepen your practice and understanding. It is a book to ponder taking it section by section.

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