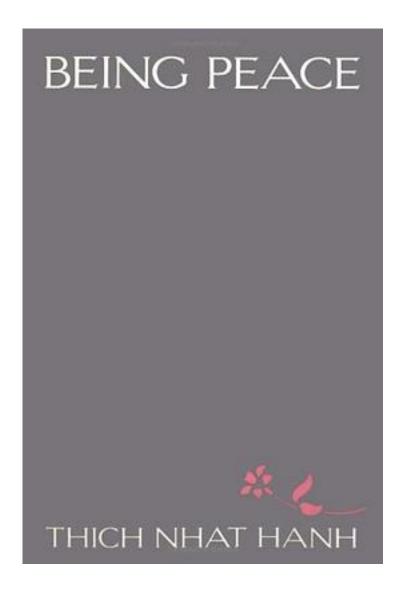
Being Peace



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著者:Thich Nhat Hanh

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An ideal starting-point for those interested in Buddhism, Being Peace contains Thich Nhat Hanh's teachings on peace and meditation. Using real examples from his own life, as well as poems and fables, Nhat Hanh explains his key practices for living "right in the moment we are alive." These lessons are taught with fine writing and sparkling phrases that draw the reader in and make Being Peace a book that encourages multiple readings, both alone and in groups. This new edition of Nhat Hanh's seminal bestseller marks the book's first update since it was released in 1987. It includes a new introduction by noted Buddhist Jack Kornfield and beautiful illustrations by internationally recognized artist Mayumi Oda. Still as timely as when it was first published over 15 years ago, Being Peace is a revelation for anyone concerned with the state of the world and the quality of life.

作者介绍:

一行禅师(Thich Nhat

Hanh),1926年出生于越南中部的广治省。16岁出家,23岁受具足戒。1962年前往美国普林斯顿大学钻研比较宗教,越战期间返乡从事和平运动。后旅居法国,长期从事难民救援工作,并于法国、美国与德国成立多所正念禅修中心及寺院。1982年,在法国南部建立梅村禅修中心(Plum Village),并赴世界各地弘法。迄今已有上百本著作风行于世,为当今世界最负盛名的

佛教领袖之一。

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标签

禅

宗教

修身

智慧与理解

智慧

哲学

原版

入世佛学

评论

虽然有些道理被反复提起,但是一行禅师还是能用很近人的语言给表达出来

禅是微笑着的禅。Keep your smile when you practice Zen.

朋友G知道我近來工作和生活諸事集中一起來,壓力很大,送來了Being Peace一書,學習從沉思冥想中恢復心境平和。初看時有點心靈雞湯的感覺,看下去便 感到有所分別,書不是生活感人小故事,而是講述一種生活哲學,一種通過冥想,放鬆 身心、以理解之情觀照世間事物的生活態度,在閱讀的過程中,能得到心境平和的滿足 ,在書本的後半部,一行禪師還指出如何專注冥想,達至心境平和的方法,成功與否, 便看讀者的造化了。

一本让心灵净化的书

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书评

朋友G知道我近來工作和生活諸事集中一起來,壓力很大,送來了Being Peace一書,學習從沉思冥想中恢復心境平和。初看時有點心靈雞湯的感覺,看下去便 感到有所分別,書不是生活感人小故事,而是講述一種生活哲學,一種通過冥想,放鬆 身心、以理解之情觀照世間事物的生活態度。在…

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