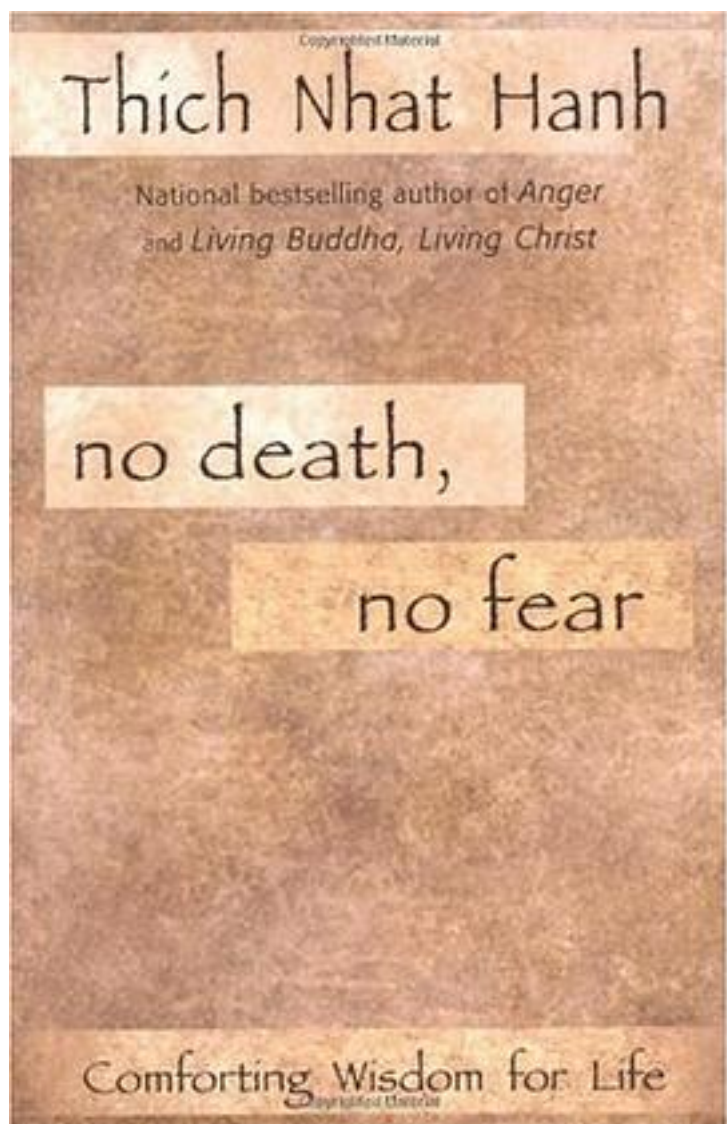


No Death, No Fear



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著者:Thich Nhat Hanh

出版者:

出版时间:2002-8

装帧:

isbn:9780712657075

Thich Nhat Hanh says: 'Our biggest fear is that we will become nothing when we die. If we think that we cease to exist when we die, we have not looked very deeply at ourselves.' With his usual blend of stories, exquisite analogies and guided meditations, Thich Nhat Hanh takes the reader through the same examination of death, fear and the nature of existence that Buddhist monks and nuns have been performing in their meditations for 2500 years. The understanding of no death comes from exploding the myth of how we think we exist. Knowing how we actually exist produces the state of no fear. This is a new subject for Thich Nhat Hanh and many people will turn to him for his help with fear and death, just as they did for his help with anger.

作者介绍:

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标签

心灵修行

Thich

Nhat

Hanh

评论

书就是告诉我等凡夫俗子：修炼吧，开悟吧，死的时候就不怕死了，因为生、死，皮囊都只不过是些名词概念，生命会以更本质的形式永生。

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书评

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