

Calming The Fearful Mind: A Zen Response To Terrorism By Thich Nhat Hanh

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Nov 14, 2005 As an epigram to his new book, Calming the Fearful Mind: A Zen Response to Terrorism at 126 pages, really more like an extended pamphlet

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Calming the Fearful Mind A Zen terrorism and the best ways to handle this scourge that endangers all nations. Zen master and meditation teacher Thich Nhat Hanh

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In Calming the Fearful Mind, Thich Nhat Hanh examines the roots of terrorism and fear, showing how both can be overcome through compassion and an open heart.

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