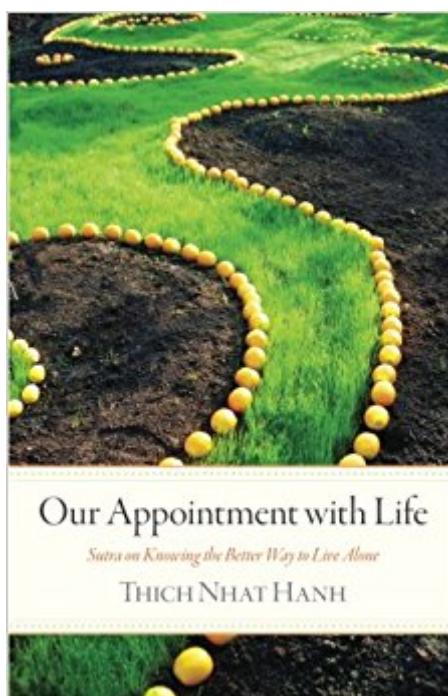


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# Our Appointment With Life: Sutra On Knowing The Better Way To Live Alone



## Synopsis

This easily accessible translation and commentary by Thich Nhat Hanh on the Sutra on Knowing the Better Way To Live Alone, is the earliest teaching of the Buddha on living fully in the present moment. "To live alone" doesn't mean to isolate oneself from society. It means to live in mindfulness: to let go of the past and the future, and to look deeply and discover the true nature of all that is taking place in the present moment. To fully realize this is to meet our appointment with life and to experience peace, joy, and happiness this realization brings. A wonderful addition to the library of anyone interested in Buddhist studies. "Our appointment with life is in the present moment. The place of our appointment is right here, in this very place." Thich Nhat Hanh in *Our Appointment with Life*

## 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.

The first chapters are a little slow and technical unless you are a Buddhist scholar, but bear through it because the final chapters are pure gold. If you've heard the phrase, "You create your own reality" but never understood how, here is the most simple and practical explanations.

This book simplifies the concept that the past is gone, the future hasn't arrived yet (with no guarantees that it will arrive), and all we really have is this very moment. Impermanence, and the ever changing nature of the universe is all the more reason to realize that ruminating in the past, and worrying about the future is taking precious time away from living a life of peace, and not giving ourselves a chance to feel joy. There is so much to this, and it seems so simple, yet it still perplexes me. Thich Nhat Hanh has given us many gifts, and this little book is one of them. This is a small book with a big message, and perfect just as it is.

This text is a fundamental Buddhist teaching with commentary by Thich Nhat Hahn. If you want to understand how Buddhist practice works in a practical way this is the book to study. Read it often.

Anything by this author/spiritual leader is worthwhile.

This book makes me calm and peaceful. Thich Nhat Hanh says, "Our appointment with life is in the present moment. The place of appointment is right here, in this very place." It's so simple. I love this book.

Makes your life and choices so simple. Re-reading it now and again, unclutters the cobwebs of programmed memories that we need to let go of, over and over again, until the new way of thinking is the norm.

He is such a treasure.

The sutra brings joy and hope from the reading. It should be a mantle to lean upon during both good and bad times.

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