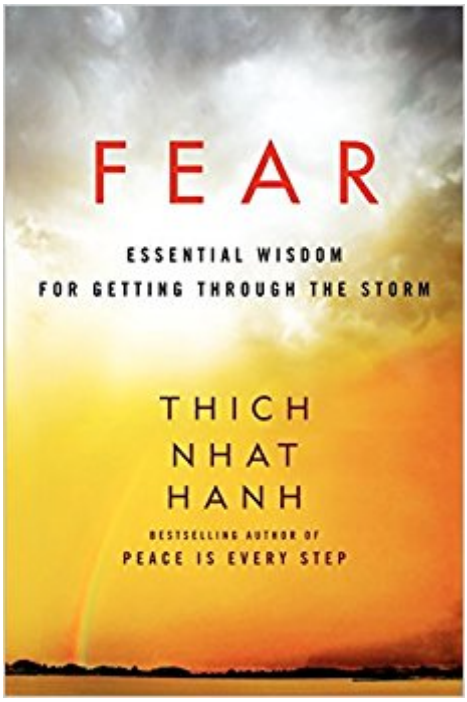
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Fear: Essential Wisdom For Getting Through The Storm



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Synopsis

Ã¢â ¬Å“Written in words so intimate, calm, kind, and immediate, this extraordinary book feels like a message from our very own heartÃ¢â ¬Â¦.Thich Nhat Hanh is one of the most important voices of our time, and we have never needed to listen to him more than now.Ã¢â ¬Â•Ã¢â ¬â •Sogyal RinpocheFear is destructive, a pervasive problem we all face. Vietnamese Buddhist Zen Master, poet, scholar,Ã Â peace activist, and one of the foremost spiritual leaders in the worldÃ¢â ¬â •a gifted teacher who was once nominated for the Nobel Peace Prize by Martin Luther King Jr.Ã¢â ¬â •Thich Nhat Hanh has written a powerful and practical strategic guide to overcoming our debilitating uncertainties and personal terrors. The New York Times said Hanh, Ã¢â ¬Å“ranks second only to the Dalai LamaÃ¢â ¬Â• as the Buddhist leader with the most influence in the West. In Fear: Essential Wisdom for Getting through the Storm, Hanh explores the origins of our fears, illuminating a path to finding peace and freedom from anxiety and offering powerful tools to help us eradicate it from our lives

Book Information

Paperback: 176 pages

Publisher: HarperOne; Reprint edition (March 4, 2014)

Language: English

ISBN-10: 0062004735

ISBN-13: 978-0062004734

Product Dimensions: 5.3 x 0.4 x 8 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 232 customer reviews

Best Sellers Rank: #10,784 in Books (See Top 100 in Books) #10 inÃ Â Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice #10 inÃ Â Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality #67 inÃ Â Books > Self-Help > Self-Esteem

Customer Reviews

Ã¢â ¬Å“Thich Nhat Hanh shows us that by looking deeply and embracing our whole experience with acceptance, love and understanding, we can go beyond fear and anxiety to find fearlessness and inner peace.Ã¢â ¬Â• (Sogyal Rinpoche)

Fear has countless faces: from the fear of failure to worries about everyday life, from financial or

environmental uncertainties to the universal despair we all experience when faced by the loss of a friend or loved one. Even when surrounded by all the conditions for happiness, life can feel incomplete when fear keeps us focused on the past and worried about the future. While we all experience fear, it is possible to learn how to avoid having our lives shaped and driven by it. In these pages, Thich Nhat Hanh offers us a timeless path for living fearlessly.

I stumbled upon this book after years of dealing with growing fear, anxiety and anger-related issues that were greatly impacting my private and professional life, robbing me of a good night's sleep and just plain making life miserable. When I bought this book, I was battling moderate depression that was transitioning to severe depression, I knew I had to act fast before it completely incapacitated me. I noticed in the comments that someone had recovered from a moderate depression and I had also heard talks by Thich Nhat Hahn online which attracted my interest with their 'unconventional' approach. I was ready to put any good advice into practice and not just for the short term.Not only was the mere reading of this book comforting and relieving for me, but the exercises it introduces helped me transform fear in an unconventional way. Though in the presence of intense emotions, perhaps even in a panic attack, my first reflex was to run, to find a way to escape, the exercises suggest meeting it head on - but not with aggression or in a challenging manner as proposed by some of the inevitably flawed techniques I have tried - but with compassion, curiosity and concern. Thich Nhat Hahn suggests that we observe our emotions, acknowledge them - even handle them with the concern we would for a crying baby through deep listening - and begin to work our way back into the present moment, back to ourselves.By sticking to the exercises in this book and filling my mind with good food for thought (reading more books on this subject, watching dharma by Thich Nhat Hahn on youtube), I moved from being consumed by despair, fear, frustration and the psychosomatic illness that accompanies it to being on the road to recovery. About four and half weeks after starting the book and encountering 'Thay's' approach to 'the art of suffering' I am working again at full capacity, sleeping through the night for over two weeks now, restoring harmony to my relationships and starting to enjoy life again, which is no small feat considering where I started only a month ago. I am also experiencing a clarity of mind that I have almost never experienced. As my back was up against a wall, I started practicing his exercises right away and multiple times every day in a gentle and cautious fashion. I believe that this and good food for thought were what got me back on track - without drugs or any other treatment of any kind.I have read many books on how to deal with fear, phobias and panic attacks, still my depression and anxiety continued to advance and cripple my life even further. I stumbled upon the books by Thich Nhat Hahn quite literally in my

darkest hour. I hope that my story can give others in crisis and despair the hope to carry on. Barely a month after starting this book, I am largely restored, but still have a ways to go so I will be continuing to practice and to gain insight through introspection, mindfulness and reading more Thich Nhat Hahn not to mention others like him. As I regain my strength, I am compelled to share this experience to help others suffering like I did.

I found this book very beautiful, very moving, and very helpful for dealing with my fearfulness. Actually, I felt so grateful to Thich Nhat Hunh while reading it, that I was in tears of gratitdude to him for writing this incredible book for all suffering human beings. My heart was filled with love for all in little crying screaming babies still suffering within me and was able to embrace them with love, instead of wanting to throw them out the window for not being able to grow up. I am 84 years old and up to now all this was frozen within me and I was afraid to go there; I will go further and say I was unable to go there -- nothing could make me go there. I can now begin to truly love all my inner babies and children and embrace them, as well as those of rest of us human beings. I then got inspired to read his book Reconciling with the Inner Child, which was even more inspiring and helpful. These books are truly gifts to the world from a great being.

I love his books. His books are easy to understand and helps me think, understand and change for the better.

This is a superb book. I discovered that overall it helped me fight fear.My favorite section on this book contains information about how you cannot take it with you. This helped me the most.Highly recommended.5 stars!

I have read other books about Buddhism but this one is by far the best. There are so many great points and uplifting guidelines without joining a new religion, you can use the basis of this philosophy in all parts of your life.

Thich Nhat Hanh has always the right words to describe the wisdom of the Buddha. Awareness of our own body, our own breathe in and breathe out, or pains and sufferings are just feelings and we can always ease them by focusing in our breathing, recognizing them for what they are and what they make us feel.

I have read many excellent books on mindfulness and meditation, but none that struck quite such a deep chord within me. Thich Nhat Hanh has a lovely and inviting way of working us through the greatest fears that, if gone unchecked, can build within our subconscious and cause nearly constant suffering. The great news is that we do not have to suffer in this way, and this book presents a lovely perspective on how to view our lives and use our own awareness to guide our meditations and daily thought process.I highly recommend this book for anyone who seeks wisdom on mindfulness, or is simply struggling with fear, panic, or anxiety. You are not alone, and you can find peace.

I love the simplicity in his writing. Incredibly inspiring. The meditations are lessons in living. I've learned so much. I will definitely practice what he preaches. It's transformative and beautiful. Forever grateful.

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