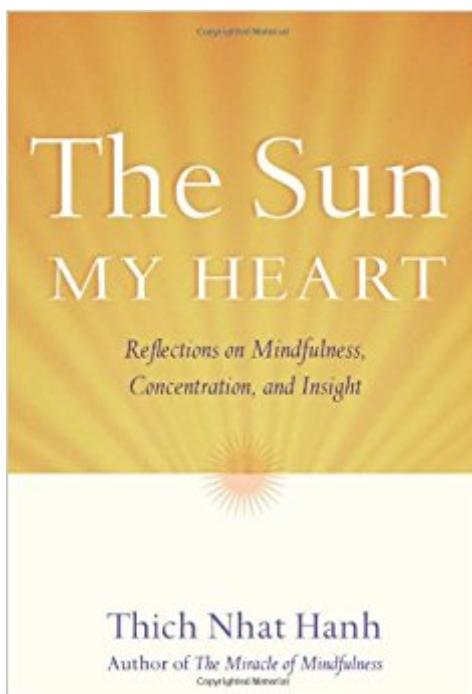


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# The Sun My Heart: Reflections On Mindfulness, Concentration, And Insight



## Synopsis

The Sun My Heart is one of Thich Nhat Hanh's most beloved books. It was written as a sequel to *Miracle of Mindfulness* and contains the journey, on the path of everyday practice, from mindfulness to insight in an informational, conversational manner. Using the objects and events of everyday life in his hermitage in Plum Village—the gradual settling of the pulp in a glass of apple juice or the wind blowing into the room and scattering papers about—Thich Nhat Hanh draws from Buddhist psychology, epistemology, and the world of contemporary literature and science to guide the reader along the path of clarity and understanding. This book can be read straight through, but is also designed to be opened randomly and experienced chapter by chapter, paragraph by paragraph. Thich Nhat Hanh suggests in the Introduction that *The Sun My Heart* "prefers to be a friend rather than a book. You can take it with you on the bus or subway as you do your coat or your scarf. It can give you small moments of joy at any time."

## 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 teaches the art of mindful living.

I purchased this book years ago and I have read it half a dozen times since then. I purchased this for a friend. It is especially good for understanding the individual's place in this world and in the

universe. It speaks to a person's relationships in context to both space and time. It serves as a reminder to me that there is more going on than my limited view of existence.

I liked, as always, Thich Nhat Hanh's simple, direct style. I didn't care as much for the dense material mid-book. The late sections were so redeeming, I would recommend this book to anyone - especially devotees of Thich Nhat Hanh.

Thich Nhat Nanh speaks with the voice of the Buddha which soothes the soul and leads the reader to effortless understanding of the most profound teachings. *The Sun My Heart* should be compulsory reading for all politicians and heads of major organisations world wide. Perhaps then, we might achieve an element of worthwhile, positive leadership grounded in perfect wisdom, compassion and which listens to, and responds to, the needs of all people and the earth herself.

If you are a person who seeks to be spiritually awake and understand what knowledge is and how to approach life as a soul and not just a body, I recommend this book over any other book that I've read.

I love anything he writes Thay is an angel.

Excellent book. Basic yet profound

Arrived promptly and new as promised !

Lovely book. Perfect guide to a more awareness filled life. The writer is humble and insightful. No arrogant shaming here. A patient and wise guide for anyone who seeks.

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