

1. Record Nr.	UNINA9910457184303321
Autore	Nhat Hanh, Thich, <1926-2022.>
Titolo	Peace begins here [[electronic resource]] : Palestinians and Israelis listening to each other / / Thich Nhat Hanh
Pubbl/distr/stampa	Berkeley, Calif., : Parallax Press, c2004
ISBN	1-283-30570-4 9786613305701 1-937006-08-5
Descrizione fisica	1 online resource (150 p.)
Disciplina	294.3/37273
Soggetti	Arab-Israeli conflict - Peace Conflict management - Religious aspects - Buddhism Peace - Religious aspects - Buddhism Religious life - Buddhism Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Title Page; PARALLAX PRESS BOOKS BY THICH NHAT HANH; Our Way Out is the Way In; Introduction; 1 - The Right Time for a Picnic; 2 - Cultivating the Seeds of Peace; 3 - Finding Happiness; 4 - A People's Peace Treaty; 5 - Anger and Reconciliation; 6 - Peace Is Possible; Practices for Peace; Mindful Walking; Mindful Eating; Deep Listening & Loving Speech; Deep Relaxation; Beginning Anew; The Peace Treaty; PEACE TREATY; The Five Mindfulness Trainings; Copyright Page
Sommario/riassunto	In Peace Begins Here, Nobel Peace Prize nominee and Zen master Thich Nhat Hanh demonstrates how a real peace process is based on spiritual, not political, strength. He offers the idea that peace in oneself is the basis of peace in the family, society, and the world. Based on an ongoing Buddhist retreat project for Israelis and Palestinians, this book suggests practical ways to handle our strong emotions and misperceptions. If we bring peace into ourselves we have a clearer understanding of ourselves as well as others.