



Together We Are One Honoring Our Diversity, Celebrating Our Connection

By Thich Nhat Hanh

Parallax Press. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 8.9in. x 6.0in. x 0.6in. Although *Together We Are One* is based on Thich Nhat Hanh's teachings given to Buddhist practitioners of color, readers of all backgrounds and walks of life can appreciate this inspirational and practical guide. In chapters focusing on honoring our ancestors, developing understanding and compassion, and seeing the world in terms of interbeing, Nhat Hanh shows how meditation and the practice of looking deeply can help create a sense of wholeness and connectedness with others. Chapters are interspersed with mindfulness practice exercises and the personal stories of skilled writers, such as Larry Ward (author of *Loves Garden*), and Sr. Chan Khong (author of *Learning True Love*). Covering the discovery of a spiritual path, the experience of finding balance, and overcoming obstacles in an unpredictable world, *Together We Are One* is a valuable addition to the unique expression of Buddhism in the West. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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