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No Death, No Fear: Comforting Wisdom For Life



Synopsis

"[Thich Nhat Hanh] shows us the connection between personal, inner peace and peace on earth."
--His Holiness The Dalai Lama
Nominated by Martin Luther King, Jr. for a Nobel Peace Prize, Thich Nhat Hanh is one of today's leading sources of wisdom, peace, compassion and comfort. With hard-won wisdom and refreshing insight, Thich Nhat Hanh confronts a subject that has been contemplated by Buddhist monks and nuns for twenty-five-hundred years and a question that has been pondered by almost anyone who has ever lived: What is death? In *No Death, No Fear*, the acclaimed teacher and poet examines our concepts of death, fear, and the very nature of existence. Through Zen parables, guided meditations, and personal stories, he explodes traditional myths of how we live and die. Thich Nhat Hanh shows us a way to live a life unfettered by fear.

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Customer Reviews

Thich Nhat Hanh always invites us to look deeply, and he does so once again in *No Death, No Fear*. Recognizing interconnections, Nhat Hanh brings us to beginnings, how they depend on endings, and how they are but temporary manifestations. Everything endures, he says, but in different forms. And this isn't just a palliative to make us feel better for a while--Nhat Hanh's philosophy of Interbeing takes the long view, challenging us to open our eyes to subtle transformations. He shows how extraordinary things happen when we are fully present with others and at peace with ourselves, both of which require openness and deep looking. In his bestselling style of easy prose, compelling anecdotes, and pragmatic advice, Nhat Hanh gradually drains the

force out of grief and fear, transforming them into happiness and insightful living. Death doesn't have to be a roadblock, and in *No Death, No Fear* Thich Nhat Hanh shows us the way around.

--Brian Bruya --This text refers to an out of print or unavailable edition of this title.

Zen master Nhat Hanh turns his hard-earned wisdom as a survivor of war, persecution, and exile to the age-old dilemma of what happens when one dies. If the greatest fear is, as he suggests, that one becomes nothing, then how is one to live with this threat of complete annihilation? Using Buddhist parables and anecdotes, Nhat Hanh offers an alternative perspective. Buddhists see birth and death as mere concepts, not manifestations of reality. When someone dies, they are still with us, just in a different form. In this view, a continuation, a connection between people and nature persists because time is understood as being circular: nothing begins; nothing ends; it just is. Nhat Hanh's beliefs are certainly not for everyone, especially those who definitely feel most comfortable within the set rules and established doctrines of the Western traditions. Others may find his perspective on the ultimate mystery of the human condition refreshing, especially when it is expressed as calmly and matter-of-factly as Nhat Hanh expresses it. June SawyersCopyright © American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title.

After losing both parents, and a dear friend all within a few years, and almost losing my husband to cancer right after that, I developed a deep fear of death. What really happens after we die? How do we avoid the pain and fear of death? Why does the American society avoid open conversations around death? A journey into the study of Buddhism began to answer these questions for me, but, it was Thich Nhat Hanh's "*No Death, No Fear*" that really turned the light onto what had been a dark subject for me. With rational logic, expressed through beautiful prose, Thay (as he is called by followers) was able to show me how death brings but a different manifestation of myself. That from something there can not become nothing, and from nothing, there cannot become something. By asking such simple questions as, "Where were you when your grandmother was born?", Hanh asks the reader to look deeply at our existence and how important our 'non-self' is in defining our life, and that eternity exists within us at every moment we care to truly be in it.

Gave to a young man who lost his mother..he said it was very helpful..He was not buddhist but open minded..

Anyone trying to process the death of a loved one or one's own mortality will benefit from reading this book. I recommend it regularly.

This book has encouraged me to look at things from a different angle. From there, I have learned the philosophy taught by the Zen Master Thich Nhat Hanh and it has really changed my life for the better.

As time passes and relatives and friends lose someone, my memorial gift to them is No Death, No Fear. Here is just one of the passages that address our grief so well. "It is only because our misunderstanding that we think the person we love no longer exists after they pass away. That is because we are attached to only one of the forms, one of the many manifestations of that person. The person we love is still there. He (she) is around us and smiling at us."

Thich Nhat Hanh, a Vietnamese Buddhist monk, explains patiently explains the Buddhist philosophy that, "Buddha taught that there is no birth, there is no death; there is no coming, there is no going; there is no same, there is no different; there is no permanent self, there is no annihilation. We only think there is. When we understood that we cannot be destroyed; we are liberated from fear. It is a great relief."

Good but I prefer reading Dalai Lama books.

Excellent book for panic attacks and anxiety as well

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