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Thich Nhat Hanh

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"Freedom is not given to us by anyone; we have to cultivate it ourselves."

—Thich Nhat Hanh

This compendium of the core teachings of Thich Nhat Hanh, based on a talk given at a prison, shows how mindfulness practice can cultivate freedom no matter where you are.

"This is living Buddhism at its best."

—*Shambhala Sun*

"This beautiful little compendium of the core teachings of Thich Nhat Hanh actually says all you need to know in this world. It makes a thoughtful gift."

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