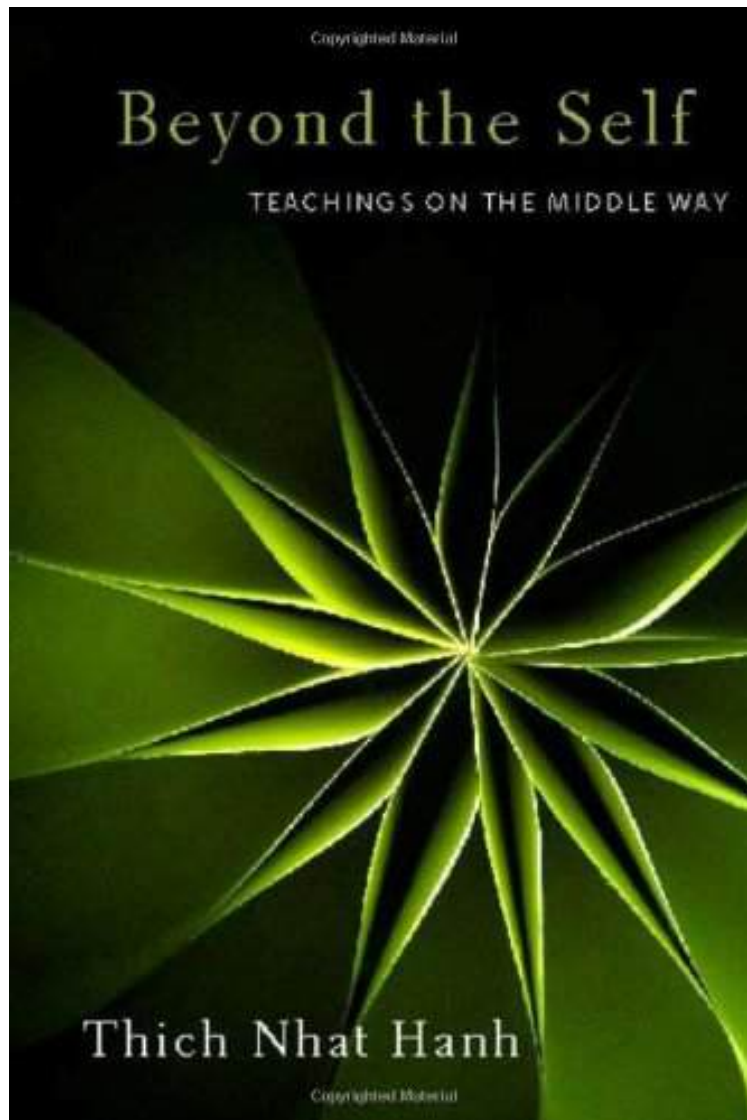


Beyond the Self

By Thich Nhat Hanh

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Beyond the Self:

54 of 55 review helpful Hanh's excellent description of No Self and beyond By David Black Over the past two years I've read many books on how the human mind works and ways to live including many of Thich Nhat Hanh's. While most of Hanh's work I've read emphasizes changing daily life through cultivating the mind, Beyond The Self describes a complete overhaul of our world view on the most basic levels. The text is based on One of the Buddha's most central ideas is the importance of transcending either/or thinking to avoid the trap of extremist views. In Beyond the Self, Thich Nhat Hanh suggests that we can find tranquility by embracing all aspects of life instead of focusing on what we like and dislike. The book contains Nhat Hanh's original translation of the Sutra on the Middle Way as well as his commentary on how we can use this teaching to better understand how to

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Self-awareness is the capacity for introspection and the ability to recognize oneself as an individual separate from the environment and other individuals. It is not **Free**. Martin Luther King Jr. Beyond Vietnam: A Time to Break Silence. Delivered 4 April 1967, Riverside Church, New York City. Photo credit: John C. Goodwin. **summary** chemotherapy drug information, side effects, health and wellness and resources for cancer patients and caregivers before, during and after cancer treatment. We're a full-service boutique real estate and consulting firm built for today's world. We partner with our clients to always put them in the best position to win.

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