

# [PDF] No Death, No Fear: Comforting Wisdom For Life

**Thich Nhat Hanh, Ken McLeod - pdf download free book**

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**Books Details:**

Title: No Death, No Fear: Comforting

Author: Thich Nhat Hanh, Ken McLeod

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## **Description:**

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 the edition.

**From** 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 Sawyers*  
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