



Being Peace

Thich Nhat Hanh

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Thich Nhat Hanh delivered the words on this compact disk to an assembly of 700 gathered at Green Gulch Zen Center in Muir Beach, California, on November 3, 1985, and inspired the creation of the best selling book, *Being Peace*. The teachings contained here provide a crucial antidote to our busy lives, and because of Hanh's experience with the war and his willingness to face the realities of our time, these teachings are also about suffering, reconciliation, and peace.

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