



Calming the Fearful Mind: A Zen Response to Terrorism

Thich Nhat Hanh , Rachel Neumann (Editor) , Rachel Neuman (Editor)

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In *Calming the Fearful Mind*, Thich Nhat Hanh examines the roots of terrorism and fear, showing how both can be overcome through compassion and an open heart. Teaching that we will only be safe when we acknowledge our real enemies, ignorance and violence, Nhat Hanh offers step-by-step instructions for calming the mind and looking deeply into our own misperceptions. He shows how compassion, deep listening, and mindful communication can conquer fear and terrorism. A valuable book for anyone who has felt possessed by anger and vengefulness, as well as those concerned about global terrorism, *Calming the Fearful Mind* shows how Nhat Hanh's signature practices can help address the most challenging and emotions.

Calming the Fearful Mind: A Zen Response to Terrorism Details

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Alicia says

I did feel zen. I did. It felt like ecstasy. It lasted almost a whole day.

Maia Gallagher-siudzinski says

The words calm as you read them. Like the rhythm of a good prayer Thich Nhat Hanh's simple metaphors reveal deep truths about the human experience. At times he becomes overly political. However the best passages are not few or far between and they tend to resonate with a deep timeless truth.

Jennifer Ricker says

Beautiful book. I wish more Americans would pick this book up and read it. I wish our entire society would begin working in a direction of healing. I think we would be wonderful examples to the world if we even considered Thich Nhat Hanh's advice!

Melle says

Every political leader, from grassroots activists to heads of state, needs to read this book.

Tif says

more than ever, this book is so relevant and needs to be read by everyone. i have read a few of Thich Nhat Hanh's books and every one leaves me open to finding compassion for myself and for my fellow man. this book gives me hope despite a very sad state of affairs we are now in and makes me believe it is possible for this world of ours to work together and find a solution to the hatred and anger which seems to be getting worse and worse. i pray we can start to become one before it is too late.

Lee says

I read this book a few years ago and found it inspiring and at the same time alarming as our nation pursued a policy of pre-emptive war. Thich Nhat Hanh has such depth of experience through his work with engaged Buddhist resistance to war.

Ewa Nowicka says

I wish that this book, or even parts of this book, could be required reading for all people. It was published in 2005, and many parts of the book are related to talks given shortly after 9/11. This book is just as relevant now, if not more. Our country is still a place that is steeped in hate and distrust of one another, and if only we could try to be more compassionate in our daily lives, if our leaders could try to listen deeply to one another, I agree, we could work together towards a more peaceful world.

If you are like me and struggling to make sense of how our country got to the point where we have a president who stands for fear and hate, I think this book will help bring you some sense of peace. You don't need to be a Buddhist to read the book, but you do need to try to listen with an open heart if you aren't familiar with some Buddhist teachings.

"I know that if the energy of wisdom and of compassion in the American people could be nourished for even one week, it would reduce the level of anger and hatred in the country. I urge all of us to practice calming and concentrating our minds, watering the seeds of wisdom and compassion that are already in us, and learning the art of mindful consumption. If we can all do this, we will create a true peaceful revolution, the only kind of revolution that can help us get out of this difficult situation." TNH

Ido says

This is the first book of Thich Nhat Hanh I've read and I found it to be an excellent start. I had heard of Mr. Hanh (what *is* the appropriate title for a Buddhist monk?) from a variety of sources but had never read any of his writings until I came across this book at the Montgomery County Library. I tend to be skeptical about how compassion can be such a force to change people (but then I have a very low opinion of human nature - humans, by and large, tend towards the lowest common denominator in their actions - even if they're educated) but Hanh's writing helped me realize that it can be a very powerful force. I plan on reading more books by him (and he has written extensively) and hope to use his work to help me change who I am for the better.

Carrie says

wondering what a liberal response to terrorism would be, this is it. Not the best airplane book though.

Erica says

I have recently become interested in Thich Nhat Hanh, and bought a few of his books. I will write more about this one once I am further along.

Never really captivated me... never finished.

Edgar says

A short read. The title says it all. In every day life we are aware that terrorism can happen. What about the terrorism within ourselves? It's easy enough to be afraid in a world like this where even pollution, politics, and money can be considered terrorists. This book was written post 9/11 when people were hysterical and losing their peace of mind. Read it and wonder how we can ease our fears and further the path toward peaceful living.

Mike says

If you've read any of Thich Nhat Hanh's books, parts of this one will seem familiar to you. Hanh's message of mindfulness is so simple that it often seems to need little expanding upon. Yet I find it remarkable that heeding such simple advice can be so difficult for me.

Any of his books is always a welcome nudge back onto the path, or at least near where it begins, and a reminder of the importance of compassion, clarity and patience in my daily life and my dealings with others.

Marion says

Another meaningful book by Thich Nhat Hanh. This one feels particularly relevant and practical right now with his suggestion to respond to terrorism by seeking to understand others.

Daniel Rickenbach says

Thich Nhat Hanh's way of dealing with life is admirable. It is simple in keeping with his practice of Zen. I think that seeds of truth very important to plant and carefully tend as the sprouts mature. There is likely no single truth, but many, as always the Zen and Buddhist traditions of self-awareness inspire me deeply.

I can be the best version of being in this world. The NOW is of utmost importance, it deserves and requires our undivided attention.
