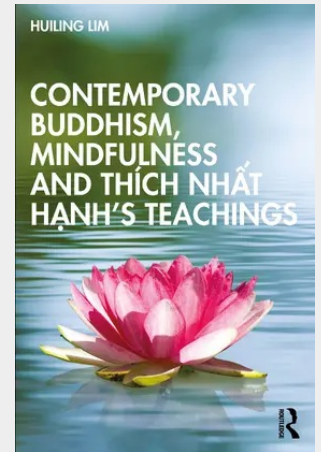


Contemporary Buddhism, Mindfulness and Thich Nhat Hanh's Teachings

Contemporary Buddhism, Mindfulness and Thich Nhat Hanh's Teachings explores mindfulness and the modernization of the Buddhist mind through the teaching of Zen Master Thich Nhat Hanh, inviting readers to rediscover Buddhism as a living tradition. The book seeks to make the Dharma relevant, accessible, and practical for the contemporary world. Through a textual study of Thich Nhat Hanh's writings, it investigates his understanding of the nature of interbeing, the nature of mind, and the application of mindfulness and Dharma as practical tools for self-transformation. It situates Nhat Hanh's work within classical Buddhist sources, highlighting how principles of mindful practice can transcend cultural boundaries and be globally relevant while remaining rooted in the essence of Buddhist teaching. The book demonstrates how Buddhist thought can evolve to meet modern challenges without losing its spiritual depth, and how Nhat Hanh's work demonstrates contemplative practice grounded in lived understanding. Offering a renewed understanding of mindfulness and interbeing as pathways to personal and collective transformation, the book will be of relevant for postgraduate students and academics of Buddhist studies, religious studies, and Asian philosophy. It will also be of interest to mindfulness practitioners wishing to understand more about how Engaged Buddhism can be applied to transform daily living.

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