

# answers from the heart thich nhat hanh

Answers from the Heart Thich Nhat Hanh: Embracing Mindful Wisdom for Everyday Life

**answers from the heart thich nhat hanh** offer a profound invitation to explore life with compassion, mindfulness, and deep understanding. Thich Nhat Hanh, the revered Vietnamese Zen master and peace activist, has gifted the world with teachings that go far beyond traditional spiritual instruction. His insights come directly from a place of authenticity and lived experience, encouraging us to connect with our innermost selves and the present moment. In this article, we will delve into the essence of these heartfelt answers, uncovering how they can transform the way we approach challenges, relationships, and personal growth.

## Understanding the Core of Answers from the Heart Thich Nhat Hanh

When we speak of answers from the heart in the context of Thich Nhat Hanh's teachings, we refer to wisdom that arises from genuine presence and loving awareness. Instead of intellectual reasoning alone, these answers are rooted in mindfulness—a practice of being fully attentive to the here and now without judgment.

Thich Nhat Hanh often emphasizes that true understanding emerges when we listen deeply, both to ourselves and to others. This deep listening fosters compassion and dissolves the barriers created by anger, fear, or misunderstanding. It's through this mindful engagement that answers from the heart naturally flow.

## The Role of Mindfulness in Finding Genuine Answers

Mindfulness is the cornerstone of Thich Nhat Hanh's philosophy. By cultivating mindfulness, we cultivate a mental environment where clarity and peace can flourish. This practice allows us to respond thoughtfully rather than react impulsively to life's situations.

For example, when faced with conflict, instead of resorting to defensive behaviors, mindful breathing and awareness enable us to pause, connect with our feelings, and respond with kindness. This approach often leads to resolutions born from empathy rather than misunderstanding.

## How Thich Nhat Hanh's Teachings Inspire Compassionate Communication

One of the most powerful applications of answers from the heart Thich Nhat Hanh shares is in the realm of communication. His concept of "deep listening" encourages us to hear not just the words someone says, but the emotions and struggles behind them.

## **Deep Listening: More Than Just Hearing**

Deep listening is a practice that requires patience and an open heart. Instead of preparing our response while the other person is speaking, we fully immerse ourselves in understanding their experience. This creates a safe space where true connection can happen.

By practicing deep listening, misunderstandings diminish, and relationships become more nurturing. Thich Nhat Hanh's guidance reminds us that many conflicts arise because people do not feel genuinely heard or seen.

## **Speaking with Loving Speech**

Complementing deep listening is the practice of speaking with loving speech. Thich Nhat Hanh advises using words that nourish and heal, rather than words that wound or escalate tension. This mindful speech creates a ripple effect of compassion and can transform difficult conversations into opportunities for growth.

## **Applying Answers from the Heart to Everyday Challenges**

Life is full of ups and downs, and Thich Nhat Hanh's teachings provide practical tools to navigate them. His answers from the heart encourage turning inward to recognize our emotions and respond skillfully.

## **Embracing Suffering with Mindfulness**

Rather than avoiding pain or pushing suffering aside, Thich Nhat Hanh teaches that embracing suffering with mindfulness helps us understand it deeply. This doesn't mean resigning to pain but acknowledging its presence without resistance.

This mindful acceptance can transform suffering into a source of insight and healing. For example, through mindful breathing during moments of anxiety or sadness, we create space for healing rather than allowing difficult feelings to consume us.

## **Finding Joy in Simple Moments**

Another beautiful aspect of answers from the heart Thich Nhat Hanh offers is the ability to find joy in the present moment. Whether it's the taste of a meal, the sound of birdsong, or a smile from a loved one, mindfulness invites us to savor life's small but meaningful experiences.

This practice of gratitude and presence can shift our mindset from scarcity to abundance, enriching our everyday lives.

# **Incorporating Thich Nhat Hanh's Wisdom into Personal Growth**

Personal growth isn't just about external achievements; it's also about cultivating inner peace and resilience. Answers from the heart Thich Nhat Hanh shares are invaluable for nurturing this holistic development.

## **Daily Mindfulness Practices**

To embody these teachings, integrating daily mindfulness practices can make a significant difference. Simple techniques such as mindful breathing, walking meditation, or mindful eating help anchor us in the present.

These habits support emotional regulation and increase awareness, enabling us to approach life's challenges with greater calm and clarity.

## **Compassion for Self and Others**

A central theme in Thich Nhat Hanh's answers is compassion—not only for others but also for ourselves. Self-compassion allows us to treat our own imperfections with kindness rather than harsh judgment.

By cultivating this gentle attitude, we build resilience and open ourselves to deeper healing. This compassionate foundation also enhances our ability to extend empathy toward others, fostering more harmonious relationships.

## **Why Answers from the Heart Thich Nhat Hanh Resonate Globally**

The universal appeal of Thich Nhat Hanh's heartfelt answers lies in their simplicity and profound effectiveness. In a world that often feels rushed and disconnected, his teachings offer a refuge of stillness and connection.

People from diverse cultures and backgrounds find solace and guidance in these teachings because they address fundamental human experiences—fear, suffering, love, and joy. His messages transcend religious or philosophical boundaries, making them accessible and relevant to anyone seeking a more mindful and compassionate way of living.

The gentle power of answers from the heart Thich Nhat Hanh imparts reminds us that wisdom is not something distant or complicated. Instead, it resides within each of us, waiting to be accessed through mindful presence and open-heartedness.

Living with these insights invites a deeper appreciation for life's fleeting moments and encourages us

to respond to ourselves and others with kindness and understanding. Through this lens, even the most ordinary days can become extraordinary journeys of awakening and peace.

## **Frequently Asked Questions**

### **Who is Thich Nhat Hanh and what is 'Answers from the Heart' about?**

Thich Nhat Hanh was a Vietnamese Zen master, poet, and peace activist known for his teachings on mindfulness and compassion. 'Answers from the Heart' is a collection of his teachings and reflections that provide deep insights into living mindfully and with compassion in everyday life.

### **What are the key themes in 'Answers from the Heart' by Thich Nhat Hanh?**

'Answers from the Heart' explores themes such as mindfulness, compassion, inner peace, healing, and interconnectedness. It encourages readers to cultivate awareness and respond to life's challenges with kindness and understanding.

### **How can 'Answers from the Heart' help with managing stress and anxiety?**

Thich Nhat Hanh's teachings in 'Answers from the Heart' emphasize mindful breathing, being present in the moment, and embracing compassion towards oneself and others, which can significantly reduce stress and anxiety by fostering calmness and emotional balance.

### **Is 'Answers from the Heart' suitable for beginners in mindfulness practice?**

Yes, 'Answers from the Heart' is accessible for beginners as it offers simple yet profound guidance on mindfulness and living with awareness, making it easy for newcomers to start incorporating mindfulness into their daily lives.

### **Can the teachings in 'Answers from the Heart' be applied in daily life?**

Absolutely. Thich Nhat Hanh's teachings are practical and encourage mindful actions such as mindful breathing, mindful walking, and compassionate communication, which can be integrated into everyday routines to enhance peace and happiness.

### **Where can I find more works by Thich Nhat Hanh similar to 'Answers from the Heart'?**

You can find more of Thich Nhat Hanh's works in bookstores, online retailers, and libraries. Some popular titles include 'The Miracle of Mindfulness,' 'Peace Is Every Step,' and 'The Art of Living,' all of

which offer complementary teachings on mindfulness and compassion.

## Additional Resources

Answers from the Heart Thich Nhat Hanh: Exploring Mindfulness and Compassion in Modern Practice

**answers from the heart thich nhat hanh** resonate deeply within contemporary mindfulness discourse, offering profound insights into living with presence, compassion, and authenticity. Thich Nhat Hanh, a Vietnamese Zen master, poet, and peace activist, has long been celebrated for his teachings that bridge ancient Buddhist wisdom with practical approaches to everyday challenges. His work, particularly the concept of responding with “answers from the heart,” encourages individuals to cultivate not only mindfulness but also empathy and genuine connection in an increasingly distracted world.

This article investigates the philosophical underpinnings and practical applications of Thich Nhat Hanh’s approach, analyzing how his teachings have influenced mindfulness movements globally. By examining core themes such as interbeing, deep listening, and mindful speech, we seek to understand how “answers from the heart” serve as a transformative tool for personal growth and social harmony.

## Understanding “Answers from the Heart” in Thich Nhat Hanh’s Teachings

At the core of Thich Nhat Hanh’s philosophy lies the notion that authentic communication arises from a place of deep presence and compassion. The phrase “answers from the heart” encapsulates the practice of responding to others with mindful awareness rather than reactive impulse. This approach is integral to his vision of “Engaged Buddhism,” which emphasizes active participation in alleviating suffering through conscious interaction.

Thich Nhat Hanh’s teachings advocate that the heart functions metaphorically as the center of awareness where mindfulness and compassion converge. When we answer from this place, our responses are informed by understanding and a non-judgmental openness rather than conditioned biases or emotional reactivity. This mindful speech can defuse conflict, foster reconciliation, and nurture meaningful relationships.

## Mindful Speech and Deep Listening

One of the pivotal elements linked to “answers from the heart” is the practice of mindful speech. Thich Nhat Hanh delineates mindful speech as communication grounded in truthfulness, kindness, and relevance. This means speaking only when necessary and ensuring words contribute to harmony rather than discord.

Equally important is deep listening—truly hearing the other person without immediately preparing a response or judgment. This form of listening creates space for empathy and understanding, enabling us to respond from the heart authentically.

- **Mindful speech:** Speaking with awareness, choosing words carefully to avoid harm.
- **Deep listening:** Fully attending to the speaker's words and emotions without interruption.

Together, these practices support the cultivation of “answers from the heart,” fostering genuine dialogue and mutual respect.

## The Role of Interbeing in Compassionate Responses

Thich Nhat Hanh's concept of interbeing—the interconnectedness of all phenomena—provides a fundamental framework for understanding why answering from the heart matters. Interbeing suggests that no individual exists in isolation; our happiness and suffering are deeply linked to others.

This insight encourages a shift from self-centered perspectives to a broader awareness of shared humanity. When we recognize this interconnectedness, our responses naturally become more compassionate and inclusive. “Answers from the heart” then become expressions of this awareness, reflecting concern not only for oneself but for the collective wellbeing.

## Practical Applications in Daily Life

The transformative potential of “answers from the heart” is evident in various spheres, from personal relationships to professional environments. Practicing mindful communication can help resolve conflicts, improve emotional intelligence, and nurture trust.

For example, in a workplace setting, responding mindfully to criticism rather than defensively can lead to constructive dialogue. In family dynamics, answering with patience and empathy helps deescalate tension and build stronger bonds.

## Comparisons with Other Mindfulness Approaches

Thich Nhat Hanh's emphasis on heartfelt responses distinguishes his teachings within the broader mindfulness landscape. While many mindfulness programs focus primarily on individual stress reduction or cognitive awareness, his approach integrates ethical and relational dimensions deeply.

Comparatively:

- **Traditional Mindfulness:** Often centers on breath awareness and present-moment focus without explicit emphasis on communication.
- **Thich Nhat Hanh's Approach:** Incorporates mindful speech and deep listening as essential practices, aiming for social harmony alongside personal peace.

This holistic integration arguably makes his method particularly relevant in today's polarized and fast-paced society, where meaningful communication is increasingly rare.

## Challenges and Criticisms

While “answers from the heart” offers a compelling ideal, some critics argue that it may require considerable practice and emotional maturity to implement consistently. The skill of mindful speech demands not only self-awareness but also patience and restraint, which can be difficult in high-stress contexts.

Moreover, cultural differences in communication styles may influence how such practices are received or enacted. For instance, in certain environments, directness or assertiveness might be valued over the gentle, reflective tone encouraged by Thich Nhat Hanh.

Nevertheless, these challenges do not diminish the value of the teachings but rather highlight the need for adaptive application depending on context.

## Legacy and Influence on Contemporary Mindfulness

Thich Nhat Hanh's articulation of “answers from the heart” has significantly shaped modern mindfulness movements. His books, retreats, and global teachings have inspired millions to embrace mindfulness not just as a meditative exercise but as a way of being in the world.

Institutions and mindfulness trainers frequently incorporate his principles of mindful speech and deep listening into their curricula, promoting emotional intelligence and conflict resolution skills. The enduring popularity of his writings, such as “The Art of Communicating,” underscores the widespread resonance of his approach.

In addition, his influence extends beyond Buddhist circles, impacting secular mindfulness programs and psychological therapies that value compassionate communication.

The phrase “answers from the heart thich nhat hanh” thus symbolizes a bridge between ancient wisdom and contemporary needs, inviting individuals and communities to cultivate presence, empathy, and ethical engagement as foundational to dialogue.

As society continues to grapple with fragmentation and misunderstanding, embracing this mindful mode of response offers a pathway toward greater connection and healing. Through the lens of Thich Nhat Hanh's teachings, communication becomes not merely transactional but a sacred practice — an opportunity to touch the hearts of others and ourselves.

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**answers from the heart thich nhat hanh: Your True Home** Thich Nhat Hanh, 2011-11-01 365 practical, powerful teachings for daily inspiration on how mindfulness can transform our lives and the greater world—from the beloved Zen teacher and author of *No Mud, No Lotus*. "Thich Nhat Hanh shows us the connection between personal inner peace and peace on earth." —His Holiness the Dalai Lama. Bringing the energy of true presence into our lives really does change things for the better—and all it takes is a little training. This treasury of 365 gems of daily inspiration is for anyone who wants to train to meet every moment of life with 100 percent attention. Beloved spiritual teacher Thich Nhat Hanh draws from his best-selling works to offer powerful and transformative words of wisdom that reflect the great themes of his teachings: how the practice of mindfulness brings joy and insight into every moment of our lives; how to transcend fear and other negative emotions; how to transform our relationships through love, presence, and deep listening; and how to practice peace for our world. Inspiring, joyful, and deeply insightful, *Your True Home* shows how practicing mindfulness can improve every area of our lives—and how its benefits radiate beyond us.



to affect others and the whole, larger world.

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**answers from the heart thich nhat hanh: Unshakeable** Jo-ann Rosen, 2023-11-28 A holistic system for gaining and maintaining the stability of mind needed for personal and social transformation, even in the midst of trauma—with simple, body-based exercises grounded in neuroscience and mindfulness, inspired by Thich Nhat Hanh With three decades working in marginalized communities in the US, Israel, and the West Bank, mindfulness teacher and psychotherapist Jo-ann Rosen offers a wealth of wisdom and gentle humor in supporting people to access their inner strength and stability—even amidst outer chaos and catastrophe. Rosen draws on the example and practices of her teacher, the peace activist and Vietnamese Buddhist monk Thich Nhat Hanh, who founded Plum Village mindfulness practice centers worldwide as places of healing and restoration, to show how meditation can aid collective awakening. Time and time again, even in places where trauma is commonplace, Rosen has seen that a regulated nervous system allows an individual to move from overwhelm and despair to stability and engagement. The Plum Village approach to well-being cultivates resilience while recognizing the unique social and ecological challenges of our times. In *Unshakeable*, Rosen shares the methods by which we can broaden our resiliency, calm our nerves, and positively impact the collective consciousness. By following the practices in this book, we can find an unshakeable source of strength within, not only as individuals, but also as members of strong communities for positive change.

**answers from the heart thich nhat hanh: When the Whole World Tips** Celia Landman, 2023-11-21 A wise, welcoming book. Hard-fought and friendly, it provides practical instructions on how to stay centered when our children are suffering. —Anne Lamott, bestselling author *Move from helplessness to stability in challenging times through the practice of mindful equanimity*. By adopting a spiritual approach to parenting and caregiving, you can protect yourself from burnout, increase your resilience, and develop a greater sense of empathy and balance. Drawn from Buddhist wisdom, this new approach to showing up in overwhelming circumstances is about slowing down, letting go of the illusion of control, and caring for yourself so that you can be a presence of love and support even in the most difficult moments. We love our children more deeply than our own selves, yet are powerless to keep them from pain. Drawing from her own experience parenting her children through clinical depression, suicidal ideation, and physical injury, Celia Landman guides parents at their limit back from helplessness toward stability through the ancient practice of equanimity, or balance. Contemporary neuroscience and developmental psychology research demonstrates how a parent's state of anxiety is directly communicated to the child and can intensify their pain. When the *Whole World Tips* is rich with real life examples from parents in the midst of caring for children in crisis, plentiful resources, and helpful exercises. Each chapter offers accessible practices for parents to care for themselves in order to remain present for their children. Landman gently guides parents to restore their own balance by keeping their hearts open and their hands loose on the wheel of control as their child's life unfolds. This shift into equanimity can bring relief to both child and parent. Woven throughout are practices to help parents experience how their emotional state of

being is as important as what they do; when we recognize that being a presence of love and care is already doing something of great value, we can reconnect with purpose and restore our trust that we are capable and enough.

**answers from the heart thich nhat hanh: Zooburbia** Tai Moses, 2010-04-20 Part memoir, part natural history, part mindfulness guide, this charming love letter to the natural world explores the many ways animals can enrich our lives To be alienated from animals is to live a life that is not quite whole, contends nature writer Tai Moses. Urban and suburban residents share their environment with many types of wildlife: squirrels, birds, spiders, and increasingly lizards, deer, and coyote. Many of us crave more contact with wild creatures, and recognize the small and large ways animals enrich our lives, yet don't notice the animals already around us. Zooburbia reveals the reverence that can be felt in the presence of animals and shows how that reverence connects us to a deeper, better part of ourselves. A lively blend of memoir, natural history, and mindfulness practices, Zooburbia makes the case for being mindful and compassionate stewards—and students—of the wildlife with whom we coexist. With lessons on industriousness, perseverance, presence, exuberance, gratitude, aging, how to let go, and much more, Tai's vignettes share the happy fact that none of us is alone and separate, and that our teachers are right in front of us. We need only go outdoors with our eyes and ears open to find a rapport with the animal kingdom. Zooburbia is a magnifying lens turned to our everyday environment, reminding us that we, as individuals and as a species, are not alone. Illustrated by Dave Buchen with original black and white wildlife linocuts.

**answers from the heart thich nhat hanh: HumAnimal** Kalpana Seshadri, 2012 Power and counterpower in the space of silence

**answers from the heart thich nhat hanh: The Bloomsbury Research Handbook of Chinese Philosophy and Gender** Ann A. Pang-White, 2016-04-21 Covering the historical, social, political, and cultural contexts, The Bloomsbury Research Handbook of Chinese Philosophy and Gender presents a comprehensive overview of the complexity of gender disparity in Chinese thought and culture. Divided into four main sections, an international group of experts in Chinese Studies write on Confucian, Daoist and Buddhist approaches to gender relations. Each section includes a general introduction, a set of authoritative articles written by leading scholars and comprehensive bibliographies, designed to provide the non-specialist with a practical and broad overview. Beginning with the Ancient and Medieval period before moving on to Modern and Contemporary approaches, specially commissioned chapters include Pre-Qin canonical texts, women in early Chinese ethics, the yin-yang gender dynamic and the Buddhist understanding of the conception of gender. Considering why the philosophy of women and gender dynamics in Chinese thought is rarely confronted, The Bloomsbury Research Handbook of Chinese Philosophy and Gender is a pioneering cross-disciplinary introduction to Chinese philosophy's intersection with gender studies. By bridging the fields of Chinese philosophy, religion, intellectual history, feminism, and gender studies, this cutting-edge volume fills a great need in the current literature on Chinese philosophy and provides student and scholars with an invaluable research resource to a growing field.

**answers from the heart thich nhat hanh: Awakening of the Heart** Thich Nhat Hanh, 2011-12-21 INTO THE HEART OF BUDDHIST WISDOM: A comprehensive collection of the 9 key Buddhist sutras, with contemporary commentary by Zen Master Thich Nhat Hanh. An essential companion to Happiness, Thich Nhat Hanh's bestselling collection of meditation and mindfulness practices! Thich Nhat Hanh has a unique talent to make the Buddha's teachings accessible and applicable to our daily lives and times. Here, he takes us to the heart of Buddhist wisdom, offering illuminating insights on essential Buddhist sutras: • Prajnaparamita Heart Sutra • Diamond Sutra • Sutra on Full Awareness of Breathing • Sutra on The Four Establishments of Mindfulness • Sutra on The Better Way to Catch A Snake • Sutra on The Better Way to Live Alone • Sutra on The Eight Realizations of The Great Beings • Discourse on Happiness • Teachings on the Middle Way With a new introduction and updated commentary, Awakening of the Heart is a wonderful gift for anyone looking to deepen their practice and a unique resource for those looking for an introduction to

Buddhism.

**answers from the heart thich nhat hanh:** *Islands of the Emotional and Moral Imagination* Barbara A. Clark, James Joss French, 2024-09-02 *Islands of the Emotional and Moral Imagination* is for all those who are on a search for inspiration in their life. If one is dwelling in fear, they may choose not to take this new path. When confronted with the unknown, fear can discourage a chance to seek and find courage, truth, and faith, hidden within. Let us take you on a journey to the islands. Step into our currach weaving through the waves. You will find comfort when one of the islands becomes visible through the mist. You will be introduced to our friends as we step off on the islands to explore a wonder of mystery awaiting our curious hearts and minds. We will be delighted with new aesthetic experiences, growing closer in wisdom of the divine imagination. Let us weave the threads from life's memories into a tapestry of ideas and possibilities. Breathe in and out each memory that surfaces from the deep shadowed regions of your mind, heart, and soul. Feel the toss of your life's waves, as unexplained storms are remembered, always knowing that an island of hope will appear on your soul's horizon.

**answers from the heart thich nhat hanh: Is Nothing Something?** Thich Nhat Hanh, 2014-03-20 In *Is Nothing Something?* Zen Master Thich Nhat Hanh answers heartfelt, difficult, and funny questions from children of all ages. Illustrated with original full-color artwork by Jessica McClure, *Is Nothing Something?* will help adults plant the seeds of mindfulness in the young children in their lives. Beginning with the most basic questions, What is important in life? and Why is my brother mean to me? and progressing through issues that we all wrestle with, such as How do I know if I really love somebody?, How long am I going to live?, and What does God look like?, each page presents a question with a short answer from Thich Nhat Hanh, appropriate for beginning readers to work with on their own. The back of the book has the first complete children's biography of Thich Nhat Hanh, along with basic, kid-friendly instructions for mindful breathing and mindful walking. Both humorous and profound, *Is Nothing Something?* is the perfect resource for kids with questions, adults looking to answer them, and anyone with questions of their own.

**answers from the heart thich nhat hanh: A Workbook for Reading Argumentative Texts** James E. Scheuermann, 2022-07-26 This Workbook is a collection of exercises and case studies designed to serve as a companion to *Reading Argumentative Texts: Analytic Tools to Improve Understanding*. The exercises and case studies track each of the chapters of *Reading* and provide opportunities for students to hone their skills at using the analytic tools presented in *Reading*, and to acquire additional analytic tools and concepts. These tools are illustrated through the analysis of complete essays from the mass media, speeches, a sermon, and passages from academic works. The approach is flexible and practical and avoids academic jargon and specific theories of argumentation. As is the case with *Reading*, this Workbook is grounded in two principles. First, that the meaning of an argumentative text is to be found in the statements that constitute the argument itself, in other statements that are more or less directly related to the argument, and in the structure and context of the text. Accordingly, while this book discusses the analysis of arguments, argument-types, and errors in argumentation (fallacies), it focuses equally on the other sources of meaning of a text. Second, there is no single, authoritative reading of an argumentative text. The interplay of these two premises informs the view that analyzing and understanding an argumentative text is an art and that, within certain well-defined parameters, there are "better" and "worse" readings of a text and not "right" or "wrong" readings. The principal sources of meaning discussed include: (1) the structure of the text (and so the book examines six types of introductions and teaches how to outline and summarize), (2) key sentences, phrases, and words in a text (so the book discusses ambiguity, the difference between factual and normative statements, irony, and rhetoric), (3) context (intellectual, social, political, cultural, and physical context), and (4) the logical connections between terms in an argument (including the four different types of arguments, fallacies, and the distinction between necessary and sufficient conditions). The book is designed to be used in late high school or early college critical reading, critical thinking, rhetoric, or writing courses.

**answers from the heart thich nhat hanh: Jesus & Buddha** Paul Knitter , Roger Haight, 2015-11-30

**answers from the heart thich nhat hanh: Love Is The Answer: Wake Up Who You Really Are, Embrace Your Truth And Live the Life You Were Meant To Live** Ray Deekes, 2024-03-28  
Discovering our true selves is the most important journey in our lives. It is a journey of awakening we are all invited to go on. In this book Ray openly shares the testimony of his life with admirable honesty in the hope of inspiring and empowering others to wake up by asking, "Who am I truly?" and "Why am I here?" 'Love is the Answer: Wake Up Who You Really Are, Embrace Your Truth And Live the Life You Were Meant To Live' is a self-help book based on the very personal spiritual journey of the author, including a life changing mystical experience during which the author received a divine message, which he promised to share. The promise is manifested in this book and the message can be yours if you can open your heart enough to open its pages. The author hopes this book becomes a trusted friend whose words provide inspiration and a road map for spiritual seekers to embark on their own journey, to tap into their higher selves through the energy of unconditional love and find the answers to their questions for better living.

**answers from the heart thich nhat hanh: The Publishers Weekly** , 2009

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