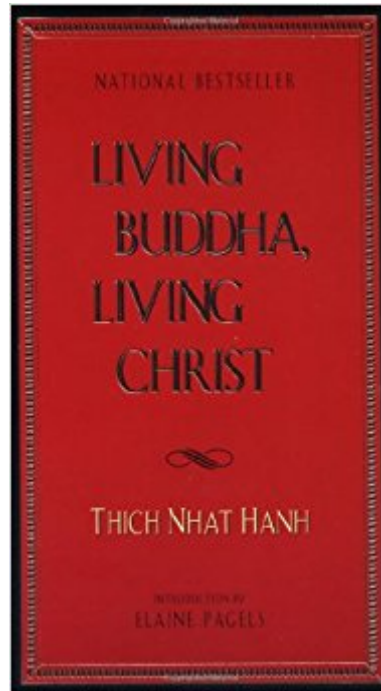




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# Living Buddha, Living Christ



## Synopsis

Exploring the spiritual connection between Christianity and Buddhism, Thich Nhat Hanh reawakens an understanding of both religions and offers simple yet meaningful ways to enhance our daily lives. Reprint."

## Book Information

Paperback: 240 pages

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## Customer Reviews

If you have always assumed that Christianity and Buddhism are as far apart philosophically as their respective founders were geographically, you may be in for a bit of a surprise. In this national bestseller, Zen monk and social activist Thich Nhat Hanh draws parallels between these two traditions that have them walking, hand in hand, down the same path to salvation. In Christianity, he finds mindfulness in the Holy Spirit as an agent of healing. In Buddhism, he finds unqualified love in the form of compassion for all living things. And in both he finds an emphasis on living practice and community spirit. The thread that binds the book is the same theme that draws many Christians toward Buddhism: mindfulness. Through anecdotes, scripture references, and teachings from both traditions, Nhat Hanh points out that mindfulness is an integral part of all religious practice and teaches us how to cultivate it in our own lives. Nhat Hanh has no desire to downplay the venerable theological and ritual teachings that distinguish Buddhism and Christianity, but he does cause one to consider that beyond the letter of doctrine lies a unity of truth.

In this popular work Hahn, a Vietnamese Zen monk, offers some parallels between Eastern and Western spiritual practice in an accessible style that will please general readers. Copyright 1999

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I am a pretty new student/practitioner of Buddhism (Thich Nhat Hanh-about 2 years). I've been a Christian all of my life, but I started studying the works of contemplatives like Thomas Merton and Thomas Keating 20+ years ago. I love the way Thay weaves contemplative Christianity and secular Buddhism together such that I don't have a problem practicing both religions (spiritual philosophies) together. In other words this book makes it "work" for me.

Good reading for both Christians and Buddhist. I got this for my friends so they would understand the difference in beliefs. This really helped.

Like all of Thich Nhat Hanh's book it is beautifully written in a way that Westerns and Christians can understand his Buddhist philosophy. I have read this a few times and passed it on to others.

There were very few new concepts in this book, but I finished the book anyway. It was good enough to complete compared to some of the other books I've been reading lately like "The Power of Now" by Eckhart Tolle.

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Good for your soul

I met a student in Texas who mentioned this book, and it piqued my interest so I had to have my own copy for conversation sake.

Since I have spent, and continue to spend, considerable time in Bhutan (a Buddhist country), it was very interesting to have this book recommended to me by a local monk. I have enjoyed reading his comparisons between Buddha and Christ and how he weaves the themes of their lives.

I hoped to learn more about acceptance, mindfulness and internal peace. I found all of these and more. Tich Nhat Hanh has captured the truth and essence of these most sought after concepts. Masterful and heartfelt, his assessment of the truth of both the Christian and Buddhist philosophy would be the basis to achieve world peace if it were applied to all religious thought. He hasn't invented a new line of thought but with insight and clarity expanded on two traditions.

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