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# The Art Of Power



## Synopsis

Turning our conventional understanding of power on its head, world-renowned Zen master, spiritual leader, and national bestselling author Thich Nhat Hanh reveals how true power comes from within. What we seek, we already have. --This text refers to the Paperback edition.

## Book Information

Audible Audio Edition

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## Customer Reviews

For those interested in deepening their understanding of how they can affect the world and themselves not by "action in the world" but by increasing awareness of what is going on within them, this is an eye opening book. It is not that this hasn't been written about many times in many ways, but Thich Nhat Hanh has a very compelling, clear communicative gift for translating the mystical aspects of Buddhism into everyday contemporary terms that are relevant to everyone. People who love Pema Chodron's books will love this as well. People for whom power in one form or another has been an important striving will be struck by his unique take on it. I have never read anyone who has elaborated the perspective on it he outlines.

What a wonderful title for a book. The path of peace is often, and very wrongly, associated with weakness. This book demonstrates quite effectively just how powerful inner peace is. Take for example, a person suffering from a crippling depression brought on by an accumulation of fear, hatred, anger and despair - this person is truly weak as is the person plagued by bouts of anger or paralyzed by fear. As Nhat Hahn's writes, you cannot destroy energy, but only convert it from one

form to another. Consider for a moment, what might happen if you transformed your negative emotions into happiness, peace, joy and love...

Its a great book, it definitely has a lot to teach. I bought this book on a recommendation from a business partner, and it gives the spiritual balance to an other wise hectic life. I think you can gain the most out of it as a slow read, taking time to digest the material, and let it sink in before you move on with each chapter

This book is all about the falsehood of modern understanding of power. We are asked to look within ourselves, find who we are and realize our own power. Thich Nhat Hanh writes beautifully and doesn't force any particular view, religion, or understanding on the reader, he simply explains his interpretation in a fashion that is easily understood and very persuasive!

Excellent book to reassess your priorities! Sometimes we are trapped in the idea of success that you forget to enjoy life or you get sick. When reading the book and understanding the examples you are able to assess your life with new criteria and realize the changes you should do in order to find peace within you.

For a novice learning this practice or someone wanting to gain understanding of their life, this book is simple and clear. It is a book I will reread over time for sure.

great read

It's been a long time since I've read anything written from a Buddhist perspective. The Great Recession changed my daily life significantly and left me in a Great Funk. Fortune finally winked at me in the form of a full time job with benefits and half of the salary I made before. The job was extremely stressful mostly because the leadership was lost and consequently unkind. The Art of Power has elucidated for me where most problems lied in that job and in most human endeavor...inattention to being. It reminded me to breathe.

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