



## The Art of Power

By Thich Nhat Hanh

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**The Art of Power** By Thich Nhat Hanh

"Power is good for one thing only: to increase our happiness and the happiness of others. Being peaceful and happy is the most important thing in our lives and yet most of the time we suffer, we run after our cravings, we look to the past or the future for our happiness."

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. Whether we want it or not, power remains one of the central issues in all of our lives. Every day, each of us exercises power in many ways, and our every act subtly affects the world we live in. This struggle for control and authority permeates every aspect of our private and public lives, preventing us from attaining true happiness. The me-first mentality in our culture seeps unnoticed into our decisions and choices. Our bottom-line approach to getting ahead may be most visible in the business world, but the stress, fear, and anxiety it causes are being felt by people in all walks of life.

With colorful anecdotes, precise language, and concrete practices, Thich Nhat Hanh illustrates how the current understanding of power leads us on a never-ending search for external markers like job title or salary. *The Art of Power* boldly challenges our assumptions and teaches each of us how to access the true power that is within our grasp.

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## The Art of Power By Thich Nhat Hanh Bibliography

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### Editorial Review

#### Review

“The Art of Power is a bold and visionary work that reframes power, ambition, success, happiness, love, and peace.”

#### About the Author

Thich Nhat Hanh is a Vietnamese Buddhist Zen master, poet, scholar, and peace activist who was nominated for the Nobel Peace Prize by Dr. Martin Luther King, Jr. He is the author of many books, including the classics *Peace Is Every Step* and *The Art of Power*. Hanh lives in Plum Village, his meditation center in France, and has led retreats worldwide on the art of mindful living.

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The concepts of mindfulness and compassion are wonderfully simple yet complex in their potential for a society that prizes living at a frenetic pace. Hanh’s teaching goes to the core of happiness and self-awareness in our daily lives. Creative power and the power to transform ourselves lie in the application of mindfulness--at work and in our relationships, both individual and community. Lloyd James’s narration is calm, steady, and conversational. The simplicity of his style complements the simplicity of the writing and the directness of the ideas presented. Further, his rendering of the exercises promotes focus and meaningful meditation. J.E.M. © AudioFile 2008, Portland, Maine-- *Copyright © AudioFile, Portland, Maine*

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