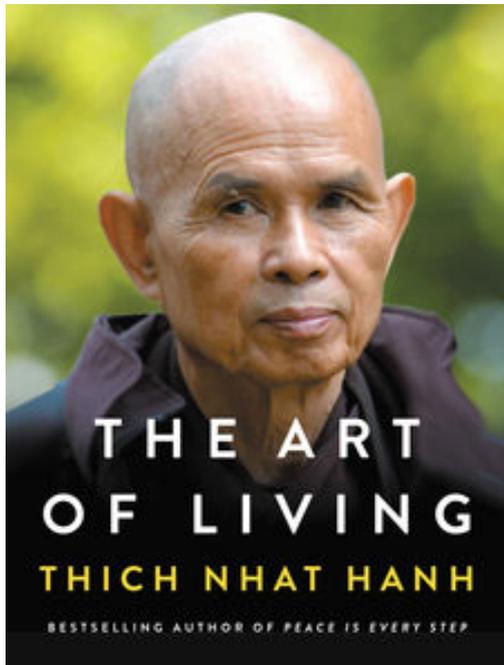


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Containing the essence of the Buddha’s teachings and Thich Nhat Hanh’s poignant, timeless, and clarifying prose, The Art of Living provides a spiritual dimension to our lives. This is not an effort to escape life or to dwell in a place of bliss outside of this world. Instead, this path will allow us to discover where we come from and where we are going. And most of all, it will generate happiness, understanding, and love, so we can live deeply in each moment of our life, right where we are.

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