

Reviews and information on the book in English:

Vietnamese poet, scholar, peace activist, and Zen master Nhat Hanh (Peace Is Every Breath) has been a Buddhist monk for nearly eight decades and has developed keen insight into approaches for living a better life. In his latest book, Nhat Hanh proposes ways to think about the myriad challenges facing the planet and to strengthen one's own "clarity, compassion, and the courage to act." The central concept is that making positive change in the world requires individuals to first change their own habitual negative ways of thinking. The bulk of the material is derived from Nhat Hanh's Zen teachings, with sources in his writings, speeches, interviews, and Q&A sessions (edited here by his students, with notable commentary from Sister True Dedication). The book presents Nhat Hanh's Five Mindfulness Trainings in a non-sectarian manner, so they can be applied universally.

VERDICT General readers will benefit from Nhat Hanh's focus on mindfulness and positive at the individual level. Recommended for anyone wanting a better world for future generations.

Reviewed by Gary Medina, El Camino Coll., Torrance, CA , Oct 01, 2021

On Publishers Weekly:

The book encourages simple, non-consumptive lifestyles; respect for nature; and compassionate community-building—both as techniques for building a life of devotion and for combating environmental destruction. For instance, Nhat Hanh rails against the over-borrowing of modern societies as a large-scale form of change: "That is the miracle of mindfulness, concentration, and insight: realizing we can be happy with the conditions that are already available, that we don't need to strive to get more, exploiting the planet as we do so." Nhat Hanh's empowering voice and example will be valuable to those seeking wisdom in a frenetic, threatened world.

On Barnes & Noble & Harper Collins:

"When you wake up and you see that the Earth is not just the environment, the Earth is us, you touch the nature of interbeing. And at that moment you can have real communication with the Earth... We have to wake up together. And if we wake up together, then we have a chance. Our way of living our life and planning our future has led us into this situation. And now we need to look deeply to find a way out, not only as individuals, but as a collective, a species."

—*Thich Nhat Hanh*

We face a potent intersection of crises: ecological destruction, rising inequality, racial injustice, and the lasting impacts of a devastating pandemic. The situation is beyond urgent. To face these challenges, we need to find ways to strengthen our clarity, compassion, and courage to act.

Beloved Zen Master Thich Nhat Hanh is blazingly clear: there's one thing we all have the power to change, which can make all the difference, and that is our mind. Our way of looking, seeing, and thinking determines every choice we make, the everyday actions we take or avoid, how we relate to those we love or oppose, and how we react in a crisis.

Mindfulness and the radical insights of Zen meditation can give us the strength and clarity we need to help create a regenerative world in which all life is respected. Filled with Thich Nhat Hanh's inspiring meditations, Zen stories and experiences from his own activism, as well as commentary from Sister True Dedication, one of his students Zen and the Art of Saving the Planet shows us a new way of seeing and living that can bring healing and harmony to ourselves, our relationships, and the Earth.

Plum Village:

“We need a real awakening, a real enlightenment. New laws and policies are not enough. We need to change our way of thinking and seeing things.”

Thich Nhat Hanh in Zen and the Art of Saving the Planet

For more than six decades our teacher, Thich Nhat Hanh has combined meditation and mindfulness with action advocating peace and social justice. A new book of his teachings, *Zen and the Art of Saving the Planet*, shares Thich Nhat Hanh's vision for individual and collective action in response to environmental destruction, climate crisis, rising inequality, racial injustice, and a devastating pandemic. He says the world doesn't need another ideology, but “a real awakening, a real enlightenment. New laws and policies are not enough. We need to change our way of thinking and seeing things.”

Zen and the Art of Saving the Planet offers Thich Nhat Hanh's radical insights that help us break through the mental blocks preventing us from taking the transformative, compassionate action that is needed to protect all life. They has the conviction that as soon as we see clearly that the Earth is not just the environment, but the Earth is us, everything becomes possible. Balancing the urgency of today with the wisdom of geological time, the book offers a blueprint for how meditation and mindfulness can help each one of us build our inner resilience and transform our daily actions so we can contribute to collective awakening and systemic change.

Featuring a commentary by Sister True Dedication, and an afterword by Sister Chan Khong, as well as examples of how Thich Nhat Hanh's teachings can be powerfully applied in different settings, *Zen and the Art of Saving the Planet*, aims to cut through the noise of “bad climate news” and take the reader on an empowering journey of spiritual connection and positive, compassionate action.

Interview met Sister True Dedication. Text and sound:

<https://www.loe.org/shows/segments.html?programID=22-P13-00002&segmentID=5>