



Inside the Now: Meditations on Time

Thich Nhat Hanh

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For the first time Thich Nhat Hanh shares his inspiration and experience of living in stillness and timelessness. Written to pull you into the moment as he sees it, *Inside the Now* offers teachings inspired by the spirit of poetry. More personal than the majority of his writing, *Inside the Now* shares the Zen Master's experience using poetry and meditation to endure and move beyond violence and oppression.

Inspired by *Being Time* by Zen Master Dogen, Thich Nhat Hanh shares short meditations along with revelations from his past to give the reader a sense of entering a space of timelessness. In these meditations, he reveals his own doubts and his own searching.

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