



## **Beyond the Self: Teachings on the Middle Way**

*Thich Nhat Hanh*

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One of the Buddha's most central ideas is the importance of transcending “either/or” thinking to avoid the trap of extremist views. In *Beyond the Self* Thich Nhat Hanh suggests that we can find tranquility by embracing all aspects of life, instead of focusing on what we like and dislike. The book contains Nhat Hanh's original translation of the Sutra on the Middle Way, as well as his commentary on how we can use this teaching to better understand how to navigate our difficulties and find peace of mind. By changing how we see the world, *Beyond the Self* helps us transform ourselves.

## **Beyond the Self: Teachings on the Middle Way Details**

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## **From Reader Review Beyond the Self: Teachings on the Middle Way for online ebook**

### **Gabbi says**

For only 50 pages, this book took me quite a long time to finish. The concepts are complex and new to me, making this a hard read. I wouldn't recommend this as an introduction to "the middle way."

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### **Frank Jude says**

This slim little book by Thich Nhat Hanh is one that deserves to be read, but I'm not sure many folk are as familiar with it as some of his others which are more repetitions of previous work than anything new and original.

This book is Thay's commentary on "The Sutra on The Middle Way" and clearly elucidates the core teaching of the Buddha: Dependent Co-origination.

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### **Serena Long ? says**

Great wisdom! By changing how we see the world, Beyond the Self helps us transform ourselves.

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### **Rita says**

these little books are like tiny, rich desserts that should be savored often

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### **James Allen says**

A good introduction to the Middle Way, no-self and dependent co-arising.

"Our fear, our sorrow, our complexes are all born from our discriminating ideas of coming and going, self and the other. Looking deeply in our daily life like this is the true work of the practice, the cream of Buddhist teaching."

"The teachings on Right View and Dependent Co-arising offer us guidance on how to be with others. When we look deeply into others, we are looking deeply into ourselves at the same time. If we think the other person is someone other than us, that his or her success or failure has nothing to do with us, then we have not been successful in our looking deeply. The happiness of that person is linked to our own happiness. If we're not happy, the other person can't be happy, and our larger community will not be happy."

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