



Be Still and Know: Reflections from Living Buddha, Living Christ

Thich Nhat Hanh

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In his acclaimed national bestseller, **Living Buddha, Living Christ**, renowned thinker and scholar Thich Nhat Hanh explored the deep connections between Christianity and Buddhism. **Be Still and Know** uses selections from his groundbreaking work to create a handbook of meditations and reflections that reawaken our understanding of both religions--and enrich our daily lives through personal contemplation. It is an inspiration to all who embrace its universal message of peace--a profound and moving work that illuminates the world's greatest traditions of spiritual thought, written by a man who is considered by many to be a "living Buddha."

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