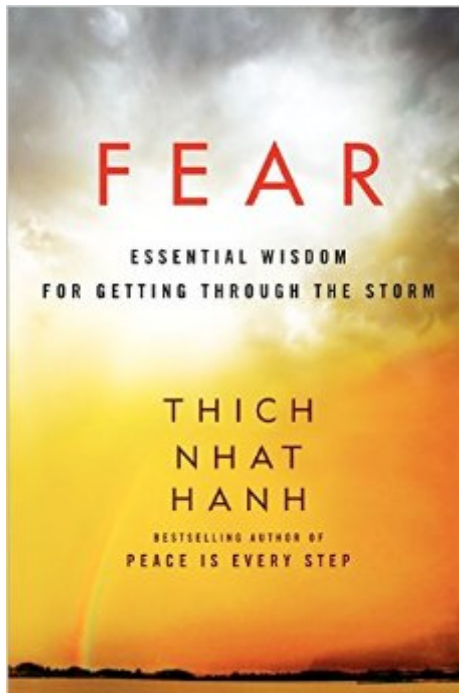


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# Fear: Essential Wisdom For Getting Through The Storm



## Synopsis

â œWritten in words so intimate, calm, kind, and immediate, this extraordinary book feels like a message from our very own heartâ |.Thich Nhat Hanh is one of the most important voices of our time, and we have never needed to listen to him more than now.â •â ”Sogyal RinpocheFear is destructive, a pervasive problem we all face. Vietnamese Buddhist Zen Master, poet, scholar,Â peace activist, and one of the foremost spiritual leaders in the worldâ ”a gifted teacher who was once nominated for the Nobel Peace Prize by Martin Luther King Jr.â ”Thich Nhat Hanh has written a powerful and practical strategic guide to overcoming our debilitating uncertainties and personal terrors. The New York Times said Hanh, â œranks second only to the Dalai Lamaâ • as the Buddhist leader with the most influence in the West. In Fear: Essential Wisdom for Getting through the Storm, Hanh explores the origins of our fears, illuminating a path to finding peace and freedom from anxiety and offering powerful tools to help us eradicate it from our lives

## Book Information

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## Customer Reviews

I stumbled upon this book after years of dealing with growing fear, anxiety and anger-related issues that were greatly impacting my private and professional life, robbing me of a good night's sleep and just plain making life miserable. When I bought this book, I was battling moderate depression that was transitioning to severe depression, I knew I had to act fast before it completely incapacitated me. I noticed in the comments that someone had recovered from a moderate depression and I had also heard talks by Thich Nhat Hahn online which attracted my interest with their 'unconventional'

approach. I was ready to put any good advice into practice and not just for the short term. Not only was the mere reading of this book comforting and relieving for me, but the exercises it introduces helped me transform fear in an unconventional way. Though in the presence of intense emotions, perhaps even in a panic attack, my first reflex was to run, to find a way to escape, the exercises suggest meeting it head on - but not with aggression or in a challenging manner as proposed by some of the inevitably flawed techniques I have tried - but with compassion, curiosity and concern. Thich Nhat Hahn suggests that we observe our emotions, acknowledge them - even handle them with the concern we would for a crying baby through deep listening - and begin to work our way back into the present moment, back to ourselves. By sticking to the exercises in this book and filling my mind with good food for thought (reading more books on this subject, watching dharma by Thich Nhat Hahn on youtube), I moved from being consumed by despair, fear, frustration and the psychosomatic illness that accompanies it to being on the road to recovery. About four and half weeks after starting the book and encountering 'Thay's' approach to 'the art of suffering' I am working again at full capacity, sleeping through the night for over two weeks now, restoring harmony to my relationships and starting to enjoy life again, which is no small feat considering where I started only a month ago. I am also experiencing a clarity of mind that I have almost never experienced. As my back was up against a wall, I started practicing his exercises right away and multiple times every day in a gentle and cautious fashion. I believe that this and good food for thought were what got me back on track - without drugs or any other treatment of any kind. I have read many books on how to deal with fear, phobias and panic attacks, still my depression and anxiety continued to advance and cripple my life even further. I stumbled upon the books by Thich Nhat Hahn quite literally in my darkest hour. I hope that my story can give others in crisis and despair the hope to carry on. Barely a month after starting this book, I am largely restored, but still have a ways to go so I will be continuing to practice and to gain insight through introspection, mindfulness and reading more Thich Nhat Hahn not to mention others like him. As I regain my strength, I am compelled to share this experience to help others suffering like I did.

I found this book very beautiful, very moving, and very helpful for dealing with my fearfulness. Actually, I felt so grateful to Thich Nhat Hunh while reading it, that I was in tears of gratitude to him for writing this incredible book for all suffering human beings. My heart was filled with love for all in little crying screaming babies still suffering within me and was able to embrace them with love, instead of wanting to throw them out the window for not being able to grow up. I am 84 years old and up to now all this was frozen within me and I was afraid to go there; I will go further and say I

was unable to go there -- nothing could make me go there. I can now begin to truly love all my inner babies and children and embrace them, as well as those of rest of us human beings. I then got inspired to read his book *Reconciling with the Inner Child*, which was even more inspiring and helpful. These books are truly gifts to the world from a great being.

Like all the books of Thich Nhat Hahn, this book introduces Zen philosophy and the Zen concept of mindfulness using a lot of metaphors easily understandable by the layman. This book has a particular emphasis on the fight against modern plagues such as stress, anxiety, depression and fear. Although written by a world famous Zen master, this book is not about religion in general or buddhism in particular. It is about using the spiritual and moral practices of Zen philosophy to help one find balance, calm, happiness, joy by practicing mindfulness, compassion, respect, virtue and wisdom, in regular modern life. Although deeply spiritual, his book does not contain any bigotry or proselytism. It is a wonderful book who brought me a deep sense of serenity, inner piece, and joy. It is a wonderful, happy, warm, optimistic book.

Thich Nhat Hahn has a style of writing that is both simple and profound. In today's media saturated world, where fear mongering is the norm, this book is a welcome respite. Hahn gives understandings and tools for raising one's awareness so as not to be victimized by our past or incapacitated by our future fears. My husband and I read it aloud together, a chapter at a time, and then discussed whatever surfaced for us. This book, has been invaluable in bringing our fears into our consciousness so as not to be controlled by them anymore. Since completing this book, I have found my spirit lighter, and actually am able to intentionally live in the moment far more frequently. You do not have to be a Buddhist practitioner to benefit from Hahn's teachings.

Am 88 years into the experience of life and have learned a few things, but still room to learn. This puts the concept of life and death in perspective and is a guide to joy and happiness.

I firstly became exposed to Thich Naht Hanh's writing over 10 years ago. Since then, I have enjoyed reading several of his books. *Fear: Essential Wisdom for Getting Though the Storm* is yet another valuable addition to scores of books on Buddhism and Mindfulness. The authors friendly and engaging style of writing, allows the reader to become fully immerse in concepts that are familiar yet not always fully explored in their consciousness. The real life examples and analogies and the frequent repetitiveness that is characteristic of Thich Naht Hanh's writing, make this book easy to

understand and difficult to put down."Fear keeps us focused on the past or worried about the future. If we can acknowledge our fear, we can realize that right now we are okay. Right now, today, we are still alive, and our bodies are working marvelously. Our eyes can still see the beautiful sky. Our ears can still hear the voices of our loved ones."

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