



# **Thich Nhat Hanh: 99 Life Lessons, Inspiration and Motivational Quotes from Thich Nhat Hanh (Thich Nhat Hanh, Mindfulness Training, Mindful Meditation)**

*Adam Green*

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## Thich Nhat Hanh

### 99 Life Lessons, Inspiration and Motivational Quotes from Thich Nhat Hanh

We all require motivation at some point in life, whether we had a rough day at work or find ourselves unable to succeed at anything in spite of the hard work we are putting into it, or we lost someone dear and are having a difficult time getting on with our life. All of these factors contribute to only one thing, desolation. Desolation can ruin everything. Life, health, and most importantly, courage can completely break down when we find ourselves in desolation. No matter how hard we try not to let these factors affect us they somehow play their parts. Fortunately, there are beautiful souls in this world whose wisdom and guidance not only help alleviate the pain and the agony we may be feeling, but also help lead us to the right path in life. Such people can be present around us in any figure, be it a teacher, a family member, or even a wise stranger. There are people who may never have the good fortune of meeting such noble souls, so for them there are books and quotes available, written by these eminent inspirational people. In this book, we are going to discuss Thich Nhat Hanh, one such incredible monk who is famous worldwide for his exceptional motivational retreats and talks. This book is essential for anyone who wants to attain peace and balance in life.

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