



## Be Free Where You Are

*Thich Nhat Hanh*

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# Be Free Where You Are

*Thich Nhat Hanh*

## **Be Free Where You Are** Thich Nhat Hanh

"Freedom is not given to us by anyone; we have to cultivate it ourselves."

—Thich Nhat Hanh

This compendium of the core teachings of Thich Nhat Hanh, based on a talk given at a prison, shows how mindfulness practice can cultivate freedom no matter where you are.

"This is living Buddhism at its best."

—*Shambhala Sun*

"This beautiful little compendium of the core teachings of Thich Nhat Hanh actually says all you need to know in this world. It makes a thoughtful gift."

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People live in this new morning of lifestyle always try to and must have the free time or they will get lot of stress from both daily life and work. So , when we ask do people have free time, we will say absolutely yes. People is human not just a robot. Then we inquire again, what kind of activity are there when the spare time coming to you actually of course your answer may unlimited right. Then ever try this one, reading books. It can be your alternative within spending your spare time, the book you have read is usually Be Free Where You Are.

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