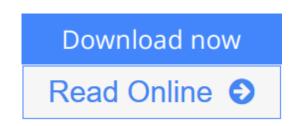


Nothing To It: Ten Ways to Be at Home with Yourself

By Brother Phap Hai



Nothing To It: Ten Ways to Be at Home with Yourself By Brother Phap Hai

In *Nothing To It*, Brother Phap Hai brings his characteristic warmth and humor to explore the many different gates to transformation offered by Buddhism. A gate is a teaching, practice, or way of looking at things. Each gate is an invitation to consider a new frame of reference through which we can consider our situation, an opportunity to look at things differently. Readers who enjoyed Bhante Gunaratana's *Mindfulness in Plain English* will delight in this new explanation from the Australian-born senior monk of Deer Park Monastery in Escondido, California.

There are fifty-eight gates explored in *Nothing To It*, arranged in ten traditional groups, with one chapter exploring each gate. Based on a series of talks given by Phap Hai in 2013, the book is designed to be equally valuable when read through at leisure or used as the text for a ten week self-guided course. Each chapter includes questions for reflection, additional reading suggestions on the topic, and writing exercises. The gates can be explored in order or investigated at random. Phap Hai's charming blend of ancient wisdom, Dharma scholarship, and contemporary applications will offer all who read *Nothing To It* a new way of seeing the extraordinary opportunities for transformation in everyday life.

Download Nothing To It: Ten Ways to Be at Home with Yoursel ...pdf

Read Online Nothing To It: Ten Ways to Be at Home with Yours ...pdf

Nothing To It: Ten Ways to Be at Home with Yourself

By Brother Phap Hai

Nothing To It: Ten Ways to Be at Home with Yourself By Brother Phap Hai

In *Nothing To It*, Brother Phap Hai brings his characteristic warmth and humor to explore the many different gates to transformation offered by Buddhism. A gate is a teaching, practice, or way of looking at things. Each gate is an invitation to consider a new frame of reference through which we can consider our situation, an opportunity to look at things differently. Readers who enjoyed Bhante Gunaratana's *Mindfulness in Plain English* will delight in this new explanation from the Australian-born senior monk of Deer Park Monastery in Escondido, California.

There are fifty-eight gates explored in *Nothing To It*, arranged in ten traditional groups, with one chapter exploring each gate. Based on a series of talks given by Phap Hai in 2013, the book is designed to be equally valuable when read through at leisure or used as the text for a ten week self-guided course. Each chapter includes questions for reflection, additional reading suggestions on the topic, and writing exercises. The gates can be explored in order or investigated at random. Phap Hai's charming blend of ancient wisdom, Dharma scholarship, and contemporary applications will offer all who read *Nothing To It* a new way of seeing the extraordinary opportunities for transformation in everyday life.

Nothing To It: Ten Ways to Be at Home with Yourself By Brother Phap Hai Bibliography

- Sales Rank: #75533 in Books
- Published on: 2015-09-08
- Released on: 2015-09-08
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .75" w x 5.38" l, .0 pounds
- Binding: Paperback
- 304 pages

<u>Download Nothing To It: Ten Ways to Be at Home with Yoursel ...pdf</u>

<u>Read Online Nothing To It: Ten Ways to Be at Home with Yours ...pdf</u>

Download and Read Free Online Nothing To It: Ten Ways to Be at Home with Yourself By Brother Phap Hai

Editorial Review

About the Author

Originally from Australia, Brother Phap Hai is a senior student of Zen master Thich Nhat Hanh. Prior to becoming a monk, he trained as a chef. Brother Phap Hai is known for his ability to convey complex teachings in an accessible and humorous manner and leads retreats and workshops throughout the United States, Canada, South America, Australia, and Asia. He currently resides at Deer Park Monastery, in California, where he breathes, walks, and smiles on a regular basis.

Users Review

From reader reviews:

James Snyder:

Have you spare time for any day? What do you do when you have much more or little spare time? Sure, you can choose the suitable activity regarding spend your time. Any person spent their own spare time to take a go walking, shopping, or went to the particular Mall. How about open or read a book allowed Nothing To It: Ten Ways to Be at Home with Yourself? Maybe it is being best activity for you. You know beside you can spend your time along with your favorite's book, you can cleverer than before. Do you agree with it has the opinion or you have various other opinion?

Carlos Vickers:

Nowadays reading books become more and more than want or need but also become a life style. This reading routine give you lot of advantages. The benefits you got of course the knowledge the particular information inside the book that improve your knowledge and information. The data you get based on what kind of e-book you read, if you want get more knowledge just go with training books but if you want truly feel happy read one having theme for entertaining like comic or novel. Typically the Nothing To It: Ten Ways to Be at Home with Yourself is kind of e-book which is giving the reader erratic experience.

Karen Horton:

The reason? Because this Nothing To It: Ten Ways to Be at Home with Yourself is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will jolt you with the secret this inside. Reading this book close to it was fantastic author who else write the book in such amazing way makes the content inside of easier to understand, entertaining way but still convey the meaning thoroughly. So, it is good for you because of not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of benefits than the other book get such as help improving your ability and your critical thinking method. So, still want to postpone having that book? If I had been you I will go to the publication store hurriedly.

Clement Williams:

Reading a book make you to get more knowledge as a result. You can take knowledge and information from the book. Book is written or printed or highlighted from each source that will filled update of news. Within this modern era like currently, many ways to get information are available for anyone. From media social like newspaper, magazines, science publication, encyclopedia, reference book, novel and comic. You can add your knowledge by that book. Do you want to spend your spare time to spread out your book? Or just searching for the Nothing To It: Ten Ways to Be at Home with Yourself when you required it?

Download and Read Online Nothing To It: Ten Ways to Be at Home with Yourself By Brother Phap Hai #2K5REVPMCWL

Read Nothing To It: Ten Ways to Be at Home with Yourself By Brother Phap Hai for online ebook

Nothing To It: Ten Ways to Be at Home with Yourself By Brother Phap Hai Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Nothing To It: Ten Ways to Be at Home with Yourself By Brother Phap Hai books to read online.

Online Nothing To It: Ten Ways to Be at Home with Yourself By Brother Phap Hai ebook PDF download

Nothing To It: Ten Ways to Be at Home with Yourself By Brother Phap Hai Doc

Nothing To It: Ten Ways to Be at Home with Yourself By Brother Phap Hai Mobipocket

Nothing To It: Ten Ways to Be at Home with Yourself By Brother Phap Hai EPub