



# The Monks and Me: How 40 Days at Thich Nhat Hanh's French Monastery Guided Me Home

*Mary Paterson*

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"Death can be a destabilizing force. And when it touches you closely, you must somehow discover a way to find and rebuild your secure home," popular yoga instructor Mary Paterson writes. With the death of her father, she felt as if she had no place to stand. She had lost her home.

Paterson's response to this life crisis, was to embark on a pilgrimage to Plum Village, the retreat of Nobel Prize-nominated Buddhist monk, Thich Nhat Hanh. This wonderfully frank and funny chronicle of her 40-day sojourn offers readers the 40 Buddhist precepts that she learned. The primary theme is the necessity of discovering how to "take refuge" or find a permanent home within ourselves--without taking oneself too seriously.

With chapters such as The Lesson in a Bad Fish, The Man Who Nicked My Headphones, How a Monk Washes His Face, and How Not to Be Sneaky, this lyrical, wise, and witty personal journey book is inspirational and a joy to read. Paterson's sensibility is grounded, realistic, and engaging.

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Now a day folks who Living in the era wherever everything reachable by interact with the internet and the resources inside it can be true or not require people to be aware of each info they get. How a lot more to be smart in obtaining any information nowadays? Of course the solution is reading a book. Studying a book can help people out of this uncertainty Information particularly this The Monks and Me: How 40 Days at Thich Nhat Hanh's French Monastery Guided Me Home book because book offers you rich details and knowledge. Of course the info in this book hundred percent guarantees there is no doubt in it you know.

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Spent a free time to be fun activity to do! A lot of people spent their sparetime with their family, or all their friends. Usually they doing activity like watching television, about to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? May be reading a book can be option to fill your free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to try out look for book, may be the e-book untitled The Monks and Me: How 40 Days at Thich Nhat Hanh's French Monastery Guided Me Home can be very good book to read. May be it could be best activity to you.

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