

The Heart of Understanding: Commentaries on the Prajnaparamita Heart Sutra, 2009, 60 pages, Thich Nhat Hanh, 1937006034, 9781937006037, Parallax Press, 2009

Comprised of only 632 Chinese characters, the Heart Sutra is Buddhism in a nutshell. Despite its brevity, this powerful work covers more of the Buddha's teachings than any other scripture, and its influence is more profound and wide-reaching than any other text in Buddhism. Thich Nhat Hanh's translation and commentary is regarded as the most simple, clear, concise, and understandable available. He describes the sutra as "a precious gift to us, the gift of fearlessness," offering subtle and profound teachings on non-duality and the letting go of all preconceived notions, opinions, and attachments, thereby becoming open to all the wonders of our life. This completely revised edition celebrates the 20th anniversary of the first publication of a modern classic.

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