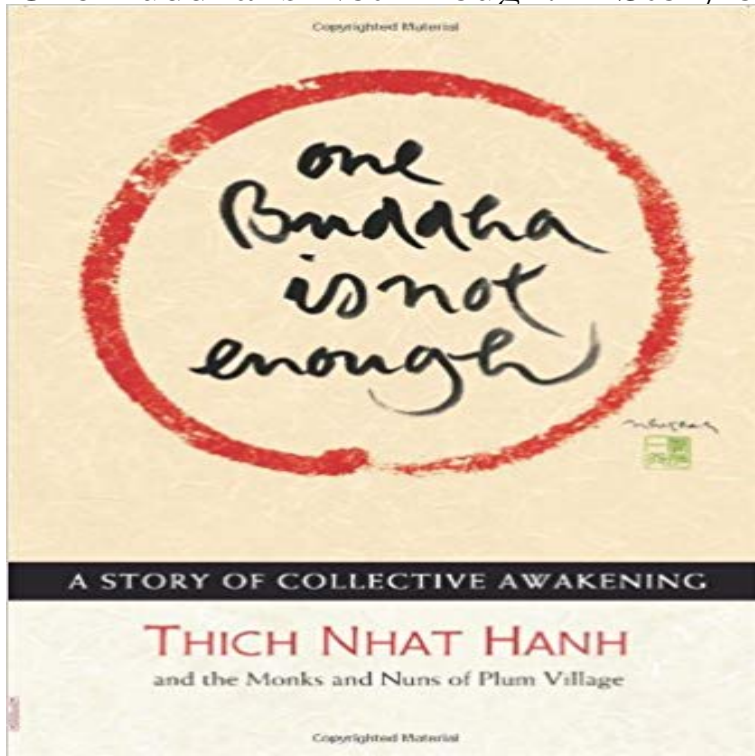


One Buddha is Not Enough: A Story of Collective Awakening



How do we learn to believe in ourselves and not just rely on our spiritual teachers? This question often directly posed to Thich Nhat Hanh as Who will be your successor? was answered in August of 2009 when over a thousand people came to Colorado to spend a week with Zen Master Thich Nhat Hanh only to find he was in the hospital and wouldnt be able to lead the retreat. The result of this event is One Buddha Is Not Enough, a book on how to become your own teacher and create your own community where you might least expect it. One Buddha Is Not Enough offers fresh and original insight from emerging Buddhist teachers on topics such as how to handle grief, strengthen our relationships, deal with anger and other strong emotions, and find happiness in the present moment. Through letters, stories, poems, calligraphies, and photographs, Thich Nhat Hanh shares his unique insights on illness, health, and different healing modalities. Far-reaching in its implication and tremendously encouraging, One Buddha Is Not Enough is a true expression of American Buddhism: We all already contain all the insight and wisdom we need. We are surrounded by the people who can help us on our journey. Sometimes all it takes is a wake up call to remind us of what we are capable of.

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