

# Essential Writings, by Thich Nhat Hanh

reviewed by [Leo D. Lefebure](#) in the [July 18, 2001](#) issue

This is a helpful and elegant introduction to the teachings of one of today's best-known Buddhist leaders. A Vietnamese Thien (Zen) Buddhist monk living in exile in southern France, Thich Nhat Hanh helped to found the movement of Socially Engaged Buddhism, bringing Buddhist principles to bear upon contemporary social and political problems. Constantly calling us to live mindfully in the present moment, he is one of the clearest and most accessible guides to the wisdom of the Buddhist tradition. This volume offers short excerpts from many of his works, together with an informative introduction to the development of his life and thought.