

# How to Fight

*author: Th&iacute;ch Nhá¥t Há°nh*

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## Synopsis

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| author     | Thích Nhất Hạnh |
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| readBy     | John Sackville  |
| inLanguage | english         |

Penguin presents the audio edition of *How to Fight* by Thich Nhat Hanh, read by John Sackville. Thich Nhat Hanh is the subject of the major documentary *Walk With Me* narrated by Benedict Cumberbatch

Learn how to bring love and compassion into an angry situation.

Many of us don't know how to handle strong emotions and our distorted perceptions can make us feel angry or filled with despair. Here, 'the father of mindfulness' teaches us to look deeply at the root of our anger. To see clearly, we must calm down. He shows us how, when insight is born, we will be free.

*How To Fight* is a pocket-sized guide to life by one of the best known Zen masters in the world, who was nominated for the Nobel Peace Prize.

# Reader's comments

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