



For a Future to be Possible

Thich Nhat Hanh

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THE FIVE MINDFULNESS TRAININGS are the basic statement of ethics and morality in Buddhism. In *For a Future to Be Possible*, Zen Master and peace activist Thich Nhat Hanh discusses these Five Mindfulness Trainings and offers insights and challenges for how they might play an important role in our personal lives and in society. Nhat Hanh calls the Five Trainings a "diet for a mindful society," and he hopes that this book will launch a discussion, transcending sectarian boundaries, on how we can agree upon and practice moral guidelines that will allow us to sustain a compassionate and sane life together.

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