



# Cultivating the Mind of Love

*Thich Nhat Hanh*

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## **Cultivating the Mind of Love** Thich Nhat Hanh

When Thich Nhat Hanh was a 24-year-old monk, he fell desperately in love with a nun of 20. He couldn't sleep, and stayed up all night writing poetry. This book taps that experience in an ambitious double narrative that interweaves his memories of that first love with how it was transmuted into *boddhichitta* with a thoughtful study of the Mahayana Buddhist sutras. Through this unusual approach, Nhat Hanh shows readers how to nurture their own "mind of love" and bring joy and hope to themselves and those around them.

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