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Thich Nhat Hanh is a Vietnamese Buddhist Zen master, poet, scholar, and peace activist who was nominated for the Nobel Peace Prize by Dr. Martin Luther King, Jr. He is the author of many books, including the classics *Peace Is Every Step* and *The Art of Power*.

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Thich Nhat Hanh is a Vietnamese Buddhist Zen master, poet, scholar, and peace activist who was nominated for the Nobel Peace Prize by Dr. Martin Luther King Jr. He is the author of many bestselling books, including the classics *Peace Is Every Step*, *Fear*, and *The Art of Power*. Hanh lives in Plum Village, his meditation center in France. an

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In 'The Art of Power,' Thich Nhat Hanh writes, "Power is good for one thing only: to increase our happiness and the happiness of others. Being peaceful and happy is the most important thing in our lives and yet most of the time we suffer, we run after our cravings, and we look to the past or the future for our happiness."

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Thich Nhat Hanh illustrates how our current understanding of power leads us on a never-ending search for external markers like job title or salary. This me-first approach to life may have originated in the business world, but the stress, fear, and anxiety it causes are being felt by all of us every day.

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