



Keeping the Peace: Mindfulness and Public Service

Thich Nhat Hanh

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In *Keeping the Peace*, Thich Nhat Hanh challenges the traditional thinking about the work of police officers, social workers, and other public servants. In clear and simple prose, he speaks to all who work in difficult, people-orientated jobs, and shows how to transform anger, stress, and frustration.

In this original and groundbreaking work, Thich Nhat Hanh suggests that mindfulness practices can be an integral part of training for public service and can become a key component in creating peace and community. He encourages all of us to "serve with compassion" in our worklife and supporting each other as a Sangha (community). He makes a compelling case for the belief that the first step in keeping the peace is cultivating inner peace.

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