



## At Hell's Gate: A Soldier's Journey from War to Peace (Paperback)

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By Claude Anshin Thomas

Shambhala Publications Inc, United States, 2006. Paperback. Book Condition: New. Reprint. 213 x 137 mm. Language: English . Brand New Book. In this raw and moving memoir, Claude Thomas describes his service in Vietnam, his subsequent emotional collapse, and his remarkable journey toward healing. At Hell's Gate is not only a gripping coming-of-age story but a spiritual travelogue from the horrors of combat to the discovery of inner peace--a journey that inspired Thomas to become a Zen monk and peace activist who travels to war-scarred regions around the world. Everyone has their Vietnam, Thomas writes. Everyone has their own experience of violence, calamity, or trauma. With simplicity and power, this book offers timeless teachings on how we can all find healing, and it presents practical guidance on how mindfulness and compassion can transform our lives. This expanded paperback edition features: - Discussion questions for reading groups - A new afterword by the author reflecting on how the current wars in Iraq and Afghanistan are affecting soldiers--and offering advice on how to help returning soldiers to cope with their combat experiences.



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### Reviews

*The publication is straightforward in study better to fully grasp. It is definitely simplistic but excitement inside the 50 percent of your publication. It is extremely difficult to leave it before concluding, once you begin to read the book.*

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*Definitely one of the better book We have possibly read. We have read through and i also am certain that i am going to gonna study once again yet again in the foreseeable future. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

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