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Mary Paterson

I am the author of *The Monks and Me: How Forty Days in Thich Nhat Hanh's French Monastery Guided Me Home*. Published in 2012 by Hampton Roads Publishing Company in the U.S., and Canada with foreign translations and publications in Holland, France, Germany, Brazil, Lithuania, Czechoslovakia, Poland, Turkey, and China. [Mary PatersonBooks](#)

Mary Paterson describes her experience in such a lively and loving way that it has actually become mine. ~

Barbara Tammes, author of *The Blueprint for Building your Castle in the Clouds* Foreign Publications and translations of: *The Monks and Me*

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[The Monks and Me: How 40 Days in Thich Nhat Hanh's French Monastery Guided Me Home \[Mary Paterson\] on Amazon.com. "FREE" shipping on qualifying offers.](#) Death can be a destabilizing force. And when it touches you closely, you must somehow discover a way to find and rebuild your secure home

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[The Monks and Me: How 40 Days in Thich Nhat ... - amazon.ca](#)

The Monks and Me is a multifaceted gem of a book written by Mary Paterson with enthusiasm, honesty and humour. She recounts her personal experiences during her 40-day pilgrimage to Thich Nhat Hanh's Buddhist monastery in France by dividing it into 40 succinct inspirational lessons. Mary encourages us to follow her beloved mentor's advice and embrace a more meaningful life by seeking

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Mary Paterson is the author of the best-selling spiritual memoir, *The Monks and Me: How 40 Days in Thich Nhat Hanh's French Monastery Guided Me Home*, about her 40-day pilgrimage to the Buddhist monastery of the world-renowned Noble Peace prize nominee, Thich Nhat Hanh after the death of her father.

[The Monks and Me: A Conversation with Mary](#)

Paterson

Behind me were rows upon rows of monks and nuns, men and women, all sitting on their own blue cushions. To my right was the door through which Thich Nhat Hanh was to enter. To my right was the

["The Monks and Me" by Mary Paterson - SevenPonds Blog](#)

The Monks and Me follows her journey and gives us a chance to reap the benefits from these lessons in grief, grace, gratitude, and love. I love the way Paterson incorporates humor into every chapter. She effortlessly moves from a funny anecdote about a short, spunky nun to a serious insight about finding your true identity.

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[THE MONKS AND ME Reading Group Choices](#)

Paterson's response to this life crisis, was to embark on a pilgrimage to Plum Village, the retreat of Nobel Prize-nominated Buddhist monk, Thich Nhat Hanh. This wonderfully frank and funny chronicle of her 40-day sojourn offers readers the 40 Buddhist precepts that she learned.

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Rated 5 out of 5 by Ann_Louise_Bailey from Multifaceted Gem! The Monks and Me is a multifaceted gem of a book written by Mary Paterson with enthusiasm, honesty and humour.

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The monks and me : how 40 days at Thich Nhat Hanh's French monastery guided me home. [Mary Paterson] -- "Death can be a destabilizing force. And when it touches you closely, you must somehow discover a way to find and rebuild your secure home," popular yoga instructor Mary Paterson writes. With the