



At Hell's Gate: A Soldier's Journey from War to Peace

Claude Anshin Thomas

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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 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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Jennifer Chambers:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their free time with their family, or their particular friends. Usually they accomplishing activity like watching television, planning to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? May be reading a book may be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the book untitled At Hell's Gate: A Soldier's Journey from War to Peace can be very good book to read. May be it can be best activity to you.

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People live in this new moment of lifestyle always try to and must have the free time or they will get large amount of stress from both everyday life and work. So , if we ask do people have free time, we will say absolutely without a doubt. People is human not only a robot. Then we inquire again, what kind of activity do you possess when the spare time coming to you actually of course your answer will unlimited right. Then do you try this one, reading textbooks. It can be your alternative with spending your spare time, the particular book you have read is At Hell's Gate: A Soldier's Journey from War to Peace.

Doris Stone:

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