



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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