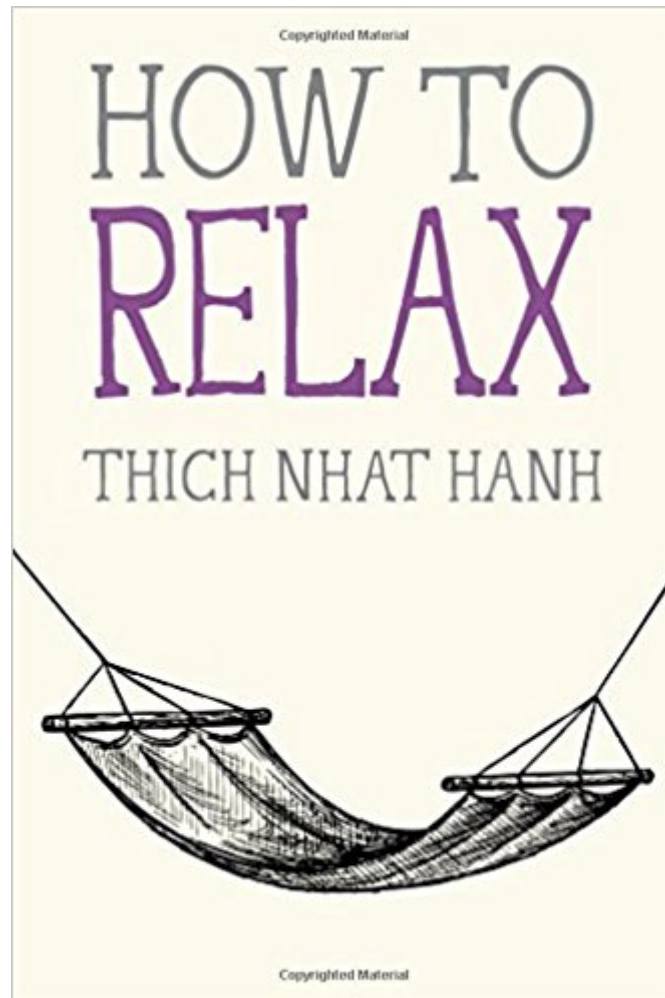




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How To Relax (Mindfulness Essentials)



Synopsis

How to Relax is part of The Mindfulness Essentials series of how-to titles by Zen Master Thich Nhat Hanh, introducing beginners and reminding seasoned practitioners of the essentials of mindfulness practice. Pocket-sized, with original two color illustrations by Jason DeAntonis, How to Relax shows how critical it is to regularly interrupt the hub-bub and routine of our lives to stop, relax mindfully, and recharge. Thich Nhat Hanh says that when we relax, we "become calm water, and we will reflect reality as it is. If we're not calm, the image we reflect will be distorted. When the image is distorted by our minds, it's not the reality, and it causes lots of suffering." Relaxation is essential for accessing the tranquility and joy that lead to increased personal well-being. With sections on healing, relief from nonstop thinking, transforming unpleasant sounds, solitude, being peace, and more, How to Relax includes meditations you can do to help you achieve the benefits of relaxation no matter where you are. Scientific studies indicate that meditation contributes tremendously to well-being, general health, and longevity. How to Relax is a unique gift for those who want a simple guide to achieving deep relaxation, controlling stress, and renewing mental freshness and clarity, appropriate for those practicing in any spiritual tradition, whether seasoned practitioners or new to meditations. With fifteen two color drawings by celebrated artist Jason DeAntonis.

Book Information

Series: Mindfulness Essentials

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Customer Reviews

The Mindfulness Essentials have appeared on each of the Regional Independent Bookstore Trade Association bestseller lists in 2015:Â Â GLIBA Great LakesÂ Â MIBA MidwestÂ Â MPIBA Mountains and PlainsÂ Â NAIBA New AtlanticÂ Â NCIBA Northern CaliforniaÂ Â NEIBA New EnglandÂ Â PNBA Pacific NorthwestÂ Â SCIBA Southern CaliforniaÂ Â SIBA the SouthÂ Â as well as the NPR Bestseller list, theÂ Â San Francisco ChronicleÂ Â Bestseller list, theÂ Â Boston GlobeÂ Â Bestseller list, theÂ Â LA TimesÂ Â Bestseller List and the extendedÂ Â New York TimesÂ Â Bestseller List. Theyâve been featured in Brain Pickings and the Utne Reader.com among many other websites.

Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books include *Be Free Where You Are* and *Peace of Mind*. He lives in Plum Village in southwest France. Nhat Hanh has been teaching the art of mindful living for more than 70 years. Jason DeAntonis is an award-winning Bay Area artist, known for his sumi ink illustrations, and his fine carpentry and custom furniture. He has also worked in sculpture, costume design, glass blowing, painting, printmaking, and book illustration. His work has appeared in *Mindfulness in the Garden*, *How to Sit*, *How to Eat*,Â Â *How to Walk*, *How to*Â Â *Love*, and *How to Relax*.Â Â He lives in Berkeley, California.

I love the simple yet profound way that Thich Nhat Hanh writes. This book lead me to numerous insights into my own process and has helped me to relax and be kinder to myself and others. I have studied tai chi for years and all of my teachers have stressed the value of relaxing, often stating that it is the most important principle. This book has helped me to apply this principle to all of me: body, mind and spirt. Relaxing is the key to living a more full life with greater mindfulness, loving kindness and energy.

Excellent little book. Used as a stocking stuffer over the holidays. She absolutely loves it. She keeps it in her glove box for safe keeping and as a helpful reminder. Let's face it, life gets hard and stressful from time to time. We need to focus on what is most important and this book touches on just that. The best part is its size and how condensed the information is. Easy to read. Good for all ages.

Thich Nhat Hanh has an incredible talent for touching the readers hearts. He is not only a teacher, writer, but also a poet. His words completely touched me. He gives buda lessons in a way we all

understand.

I love this series by Thich Nhat Hanh. Great size and good for gifting, as its a small, compact book. I bought it to give to my dad but ending up holding on to it for a while to read myself! Very easy to read and great mantras and thoughts inside. Good intro for mindfulness for anyone not familiar with the author's other works. I am not a fan of 'how to' books but I am hooked on this series. Highly recommend.

Amazing small book. I keep it in my purse and when I'm waiting at the doctor's office or at another appointment it's very helpful to open it up and read through it. I've dealt with anxiety issues all my life and although this little book don't take it away it does give you a different perspective on things.

Love the book! It's simple and easy to follow. It has great ideas and is written in a way that is easy to understand. The book is small so you can take it anywhere for those little reminders. :)

so short and simple which make it a brilliant approach to the topic. Feel calm whenever i read it

Great quick reference book for emotional "touch ups"!

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