



How to Eat Mindful Essentials

By Thich Nhat Hanh

Parallax Press. Paperback. Book Condition: New. Jason DeAntonis (illustrator). Paperback. 128 pages. Dimensions: 5.8in. x 3.9in. x 0.5in. Eating is a chance to return to the present moment. How to Eat is the second in Parallax's series of how-to titles by Zen Master Thich Nhat Hanh. These friendly, pocket-sized books contain several delightful illustrations by Jason DeAntonis, and are appropriate for those practicing in any spiritual tradition and all levels of familiarity with mindfulness practice. How to Eat clearly and succinctly explains how you can incorporate eating as a form of meditation. The book provides practical advice on how to become truly nourished through the mindful preparation, serving, eating, and cleaning up of food. Eating a meal in mindfulness reveals that you are nourished by the whole universe. This awareness helps develop compassion and understanding, reminding practitioners that there are things they can do to help nourish people who are hungry and lonely. How to Eat encourages moderation and taking time to truly savor what we eat. By doing so, you too can become healthier, more fully enjoy what you eat, and help reduce waste. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be playful, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**

Other Books



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Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in. Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she makes her first school-aged friend, Elizabeth, and...