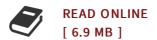




How to Eat Mindful Essentials

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 Parallaxs series of how-to titles by Zen Master Thich Nhat Hanh. These friendly, pocketsized 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.



Reviews

This publication may be really worth a go through, and a lot better than other. It really is writter 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 play, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- Rene Olson

Other Books



DK Readers Animal Hospital Level 2 Beginning to Read Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in.This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured duck to the vet, it is just...



DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...



Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...



The Day I Forgot to Pray

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...