



How to Sit

By Thich Nhat Hanh

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The first book in the Mindfulness Essentials Series by Zen Master Thich Nhat Hanh, *How to Sit* offers clear, simple directions and inspiration for anyone wanting to explore mindfulness meditation. In short, single-paragraph chapters, Nhat Hanh shares detailed instructions, guided breathing exercises and visualizations, as well as his own personal stories and insights. This pocket-sized book is perfect for those brand new to sitting meditation as well as for those looking to deepen their spiritual practice.

With sumi ink drawings by Jason DeAntonis.

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Editorial Review

Review

The Mindfulness Essentials have appeared on each of the Regional Independent Bookstore Trade Association bestseller lists in 2015:

GLIBA Great Lakes

MIBA Midwest

MPIBA Mountains and Plains

NAIBA New Atlantic

NCIBA Northern California

NEIBA New England

PNBA Pacific Northwest

SCIBA Southern California

SIBA the South

as well as the NPR Bestseller list, the *San Francisco Chronicle* Bestseller list, the *Boston Globe* Bestseller list, the *LA Times* Bestseller List and the extended *New York Times* Bestseller List. They've been featured in Brain Pickings and the Utne Reader.com among many other websites.

From the Boxed Set edition.

About the Author

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*, *How to Walk*, *How to Love*, and *How to Relax*. He lives in Berkeley, California.

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BODY, MIND, AND BREATH

In our daily lives, our attention is dispersed. Our body is in one place, our breath is ignored, and our mind is wandering. As soon as we pay attention to our breath, as we breathe in, these three things—body, breath, and mind—come together. This can happen in just one or two seconds. You come back to yourself. Your awareness brings these three elements together, and you become fully present in the here and the now. You are taking care of your body, you are taking care of your breath, and you are taking care of your mind.

From the Boxed Set edition.

Users Review

From reader reviews:

Raymond Bailey:

What do you with regards to book? It is not important together with you? Or just adding material if you want something to explain what the ones you have problem? How about your time? Or are you busy person? If you don't have spare time to do others business, it is gives you the sense of being bored faster. And you have time? What did you do? Every individual has many questions above. They should answer that question because just their can do which. It said that about reserve. Book is familiar in each person. Yes, it is right. Because start from on jardín de infancia until university need that How to Sit to read.

Cynthia Johnson:

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Donald Chen:

Are you kind of stressful person, only have 10 or maybe 15 minute in your day to upgrading your mind ability or thinking skill even analytical thinking? Then you are receiving problem with the book compared to can satisfy your limited time to read it because all this time you only find reserve that need more time to be study. How to Sit can be your answer since it can be read by you who have those short spare time problems.

Christopher Wilkerson:

Reading a book to get new life style in this 12 months; every people loves to read a book. When you read a book you can get a lot of benefit. When you read ebooks, you can improve your knowledge, due to the fact book has a lot of information onto it. The information that you will get depend on what forms of book that you have read. In order to get information about your study, you can read education books, but if you act like you want to entertain yourself read a fiction books, these us novel, comics, in addition to soon. The How to Sit provide you with a new experience in reading a book.

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