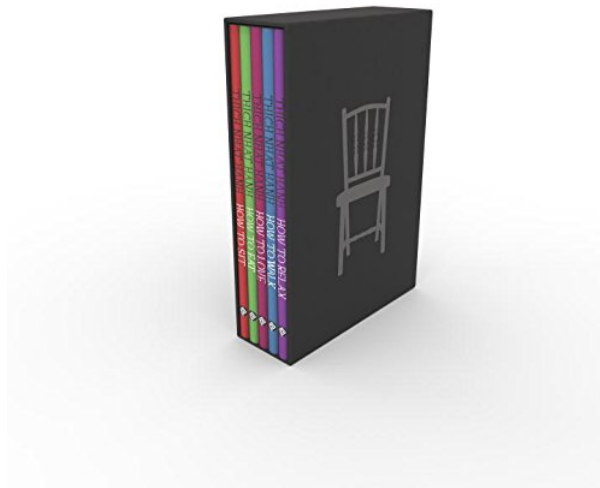
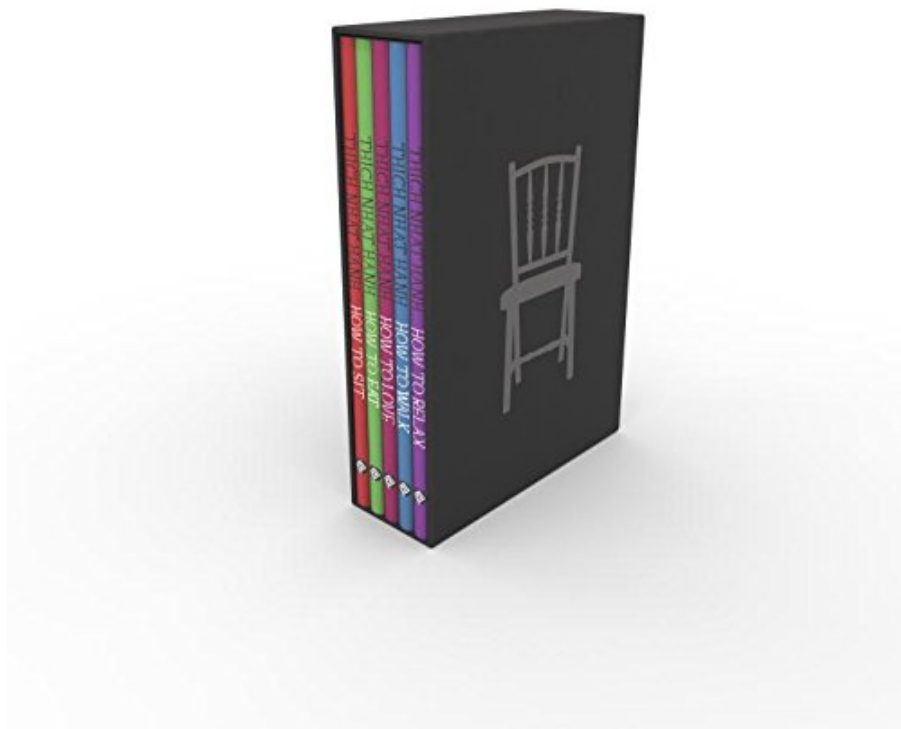


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Review

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

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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.

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The five bestselling handbooks of Thich Nhat Hanh's Mindfulness Essentials Series, How to Sit, How to Eat, How to Walk, How to Love, and How to Relax, are collected together for the first time in a beautifully designed gift box. The box contains all five titles in their original trade paperback editions, each printed with a different highlight color.

The Mindfulness Essentials Series by Zen Master Thich Nhat Hanh will introduce beginners and remind seasoned practitioners of the essentials of mindfulness practice. The five books are pocket-sized with bold drawings by California artist Jason DeAntonis, each in a different highlight color. When the spines are lined up in this handsome gift box, the presentation is striking. The books provide explicit, simple directions for carrying out everyday activities with the focused awareness of mindful attention.

Every title in the series has appeared on each of the regional independent bestseller lists, and individual titles have appeared on The New York Times extended list, the NPR bestseller list, and others. The popular blog Brain Pickings has featured How to Love on its landing page for months, among Maria Popova's "favorite reads." She writes, "In accordance with the general praxis of Buddhist teachings, Nhat Hanh delivers distilled infusions of clarity, using elementary language and metaphor to address the most elemental concerns of the soul."

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- Parallax Press

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By Aurore Barrett

These books on Mindfulness have literally helped me to overcome severe bouts of anxiety. I recommend them to everyone having difficulty with anxiousness or anxiety. I have several books on this subject, especially by Thich Nhat Hahn - these are small enough to carry one book in a tote bag and each book covers a different subject.

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