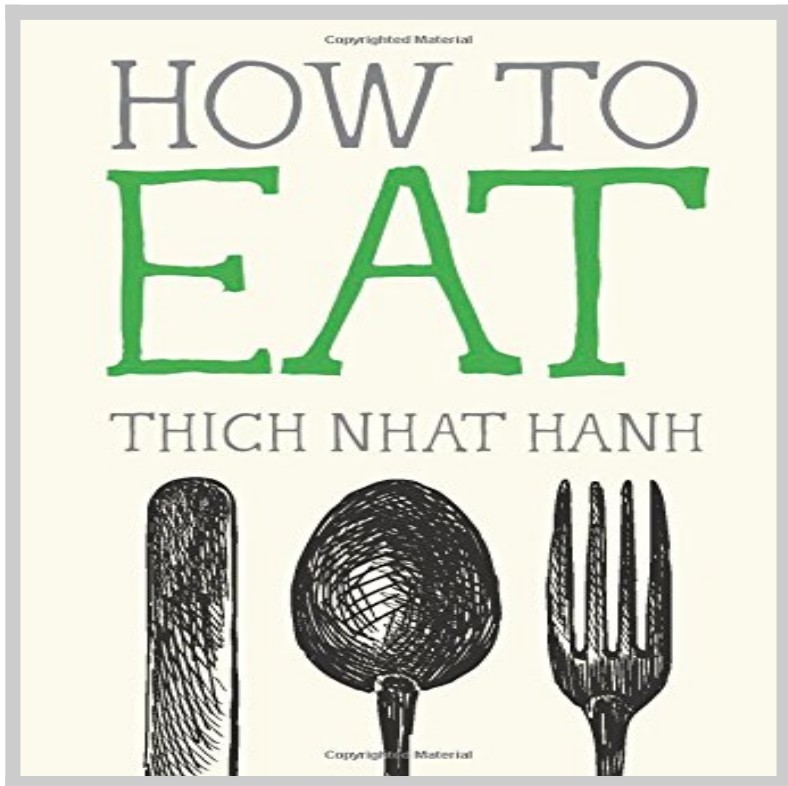


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Mindful Essentials Thich Nhat Hanh Book Preview

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.