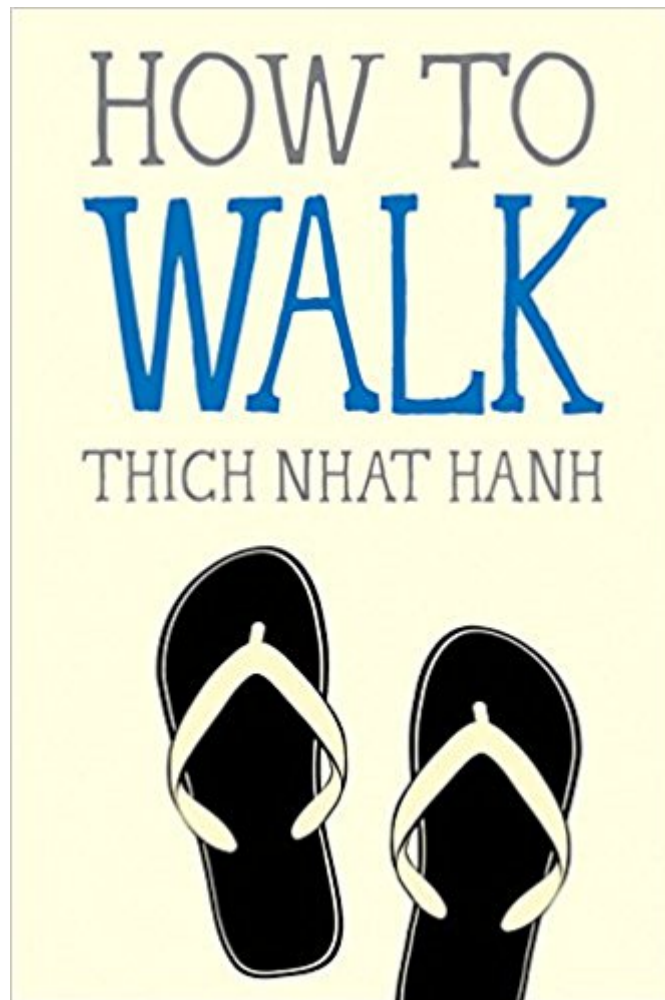




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How To Walk (Mindful Essentials)



Synopsis

How to Walk is the fourth title in Parallaxâ™s popular Mindfulness Essentials Series of how-to titles by Zen Master Thich Nhat Hanh, introducing beginners and reminding seasoned practitioners of the essentials of mindfulness practice. Slow, concentrated walking while focusing on in- and out-breaths allows for a unique opportunity to be in the present. There is no need to arrive somewhereâ”each step is the arrival to concentration, joy, insight, and the momentary enlightenment of aliveness. When your foot touches the Earth with awareness, you make yourself alive and the Earth real, and you forget for one minute the searching, rushing, and longing that rob our daily lives of awareness and cause us to "sleepwalk" through life. Thich Nhat Hanh shares amusing stories of the impact mindful walking has on both the walker and those who notice him, and shows how mindful walking can be a technique for diminishing depression, recapturing wonder, and expressing gratitude. Pocket-sized, with original two color illustrations by Jason DeAntonis, How to Walk k is a unique gift for all ages, sharing a simple practice that can have a profound effect on practitioners.

Book Information

Series: Mindful Essentials

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Average Customer Review: 4.6 out of 5 stars 30 customer reviews

Best Sellers Rank: #53,216 in Books (See Top 100 in Books) #81 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #292 in Books > Sports & Outdoors > Individual Sports #328 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism

Customer Reviews

The Mindfulness Essentials have appeared on each of the Regional Independent Bookstore Trade Association bestseller lists in 2015:Â GLIBA Great LakesÂ MIBA MidwestÂ MPIBA Mountains and PlainsÂ NAIBA New AtlanticÂ NCIBA Northern CaliforniaÂ NEIBA New EnglandÂ PNBA Pacific NorthwestÂ SCIBA Southern CaliforniaÂ SIBA the SouthÂ as well as the NPR Bestseller list, theÂ San Francisco ChronicleÂ Bestseller list, theÂ Boston GlobeÂ Bestseller list, theÂ LA

TimesÂ Bestseller List and the extendedÂ New York TimesÂ Bestseller List. Theyâ™ve been featured in Brain Pickings and the Utne Reader.com among many other websites.

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

Loved this, great meditation technique presented in a calm manner. Never look at walking the same again.

I love all of 'Thay' Thich Nhat Hanh's innovative Vietnamese Zen Buddhism Practices and Mindfulness Ways of Living. I love these palm-size books a lot. They are convience on the go. Thank you Thay for the written books and your efforts on spreading Mindfulness practices through out the world. I also wanted to thank the Sangha of Plum Villages and Thay's Sangha's Monasteries in around the world for teaching us Mindful living as the priorities in life.

Too many people in a hurry no matter what sport they are doing, Its too bad they cant slow down and enjoy the moment using all the senses to take it all in. Great book.

Bought it again

Excellent, encouraging. Beautifully written by such a dear monk. To mother EArth, to ourselves, we show honor.....bless THich NHat HANh.

As always Thich Nhat Hanh provides insight and help on one's journey. I try now to walk with awareness and pleasure in the process of putting one foot in front of the other.

The world is too fast, this book (although short), offers some tools and thoughts on slowing down and offers alternatives to sitting. Easy read, good wisdom. Ã Â Â^Â

Thank you Thay Thich Nhat Hanh for sharing his knowledge with us. I try to plan the walking meditation my daily live. It reminds me to embrace and be grateful with what I have at this moment.

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