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How To Live: Boxed Set Of The Mindfulness Essentials Series



Synopsis

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."

Book Information

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Customer Reviews

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

I just love these books and this author!! Easy read, it's nice to just pick up and read from anywhere in the book at any time. I read something daily, great way to get me out of my own head. I also bought 2 more as gifts, the price was right and the box really nice to keep books together. I think everyone should have this set!

This collection is the perfect size and perfectly encapsulates the inspiring theology of Thich Nhat Hanh. His writings are inspiring and have instilled so much fulfillment and peace in me.

I'm just beginning to follow the path of The Buddha. Without a nearby Sangha or teacher, I was lacking many fundamental teachings, to which others may have access. In these books, the great Zen teacher Thich Nhat Hanh, explains how to incorporate many daily activities into your practice. He speaks in language that's easy to comprehend and traces those processes back to the four noble truths and other teachings of the Buddha. I highly recommend this set for any practitioner or as a gift. I was not compensated for this review, however, their worth has been immeasurable.

Thank you!

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Thanks

A great collection to expand your mind

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