



How to Live: Boxed Set of the Mindfulness Essentials Series

Thich Nhat Hanh

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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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Marie Michael:

A lot of people always spent their free time to vacation or even go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read any book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent the whole day to reading a guide. The book How to Live: Boxed Set of the Mindfulness Essentials Series it is extremely good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. In the event you did not have enough space to bring this book you can buy the actual e-book. You can m0ore simply to read this book from a smart phone. The price is not too expensive but this book provides high quality.

Jennifer Stewart:

Playing with family in a very park, coming to see the water world or hanging out with close friends is thing that usually you could have done when you have spare time, after that why you don't try thing that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love How to Live: Boxed Set of the Mindfulness Essentials Series, you can enjoy both. It is good combination right, you still would like to miss it? What kind of hang-out type is it? Oh can occur its mind hangout folks. What? Still don't get it, oh come on its identified as reading friends.

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