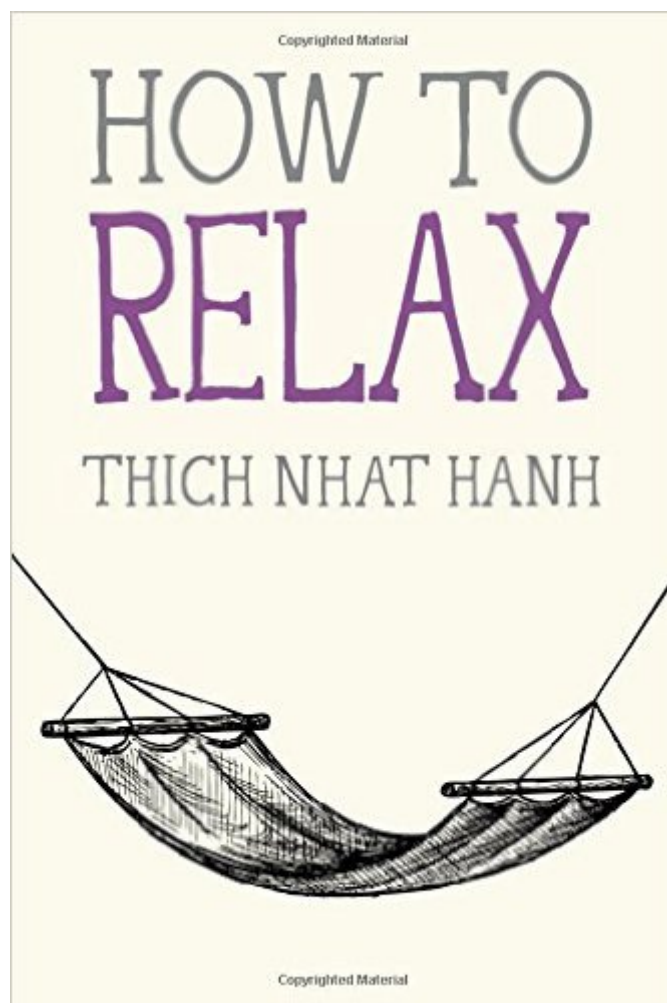


The book was found

How To Relax (Mindfulness Essentials)



Synopsis

How to Relax is part of The 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. Pocket-sized, with original two color illustrations by Jason DeAntonis, How to Relax shows how critical it is to regularly interrupt the hub-bub and routine of our lives to stop, relax mindfully, and recharge. Thich Nhat Hanh says that when we relax, we "become calm water, and we will reflect reality as it is. If we're not calm, the image we reflect will be distorted. When the image is distorted by our minds, it's not the reality, and it causes lots of suffering." Relaxation is essential for accessing the tranquility and joy that lead to increased personal well-being. With sections on healing, relief from nonstop thinking, transforming unpleasant sounds, solitude, being peace, and more, How to Relax includes meditations you can do to help you achieve the benefits of relaxation no matter where you are. Scientific studies indicate that meditation contributes tremendously to well-being, general health, and longevity. How to Relax is a unique gift for those who want a simple guide to achieving deep relaxation, controlling stress, and renewing mental freshness and clarity, appropriate for those practicing in any spiritual tradition, whether seasoned practitioners or new to meditations. With fifteen two color drawings by celebrated artist Jason DeAntonis.

Book Information

Series: Mindfulness Essentials

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (45 customer reviews)

Best Sellers Rank: #11,514 in Books (See Top 100 in Books) #58 in [Books > Self-Help > Stress Management](#) #75 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism](#) #98 in [Books > Health, Fitness & Dieting > Alternative Medicine > Meditation](#)

Customer Reviews

Sometimes I view "how to" books like speeches: The shorter the better. Many self-help books waste a lot of time and trees with blabber filler, but this is one short book that focuses on a crucial tool in

slowing down: your breathing's impact on your mind/body connection. If you've studied yoga or meditation, you "know" all about focused breathing and getting "in the moment," but I really found this little book as a great reinforcement of my own effort to relax. I highly recommend this book.

This book came at a point in my life where I really needed to know how to let go and relax. Its safe to say that it changed my life. I now know to let go, drink water, and breath. Often I get so caught up in the future self that I forget to enjoy the present. I now know that I shouldn't be so hard on myself. If success is due to come, I have to be mindful of my current actions as oppose to looking so far ahead. I think I found my digital guru. Its written in a clear no bull language.

I love the simple yet profound way that Thich Nhat Hanh writes. This book lead me to numerous insights into my own process and has helped me to relax and be kinder to myself and others. I have studied tai chi for years and all of my teachers have stressed the value of relaxing, often stating that it is the most important principle. This book has helped me to apply this principle to all of me: body, mind and spirt. Relaxing is the key to living a more full life with greater mindfulness, loving kindness and energy.

Excellent little book. Used as a stocking stuffer over the holidays. She absolutely loves it. She keeps it in her glove box for safe keeping and as a helpful reminder. Let's face it, life gets hard and stressful from time to time. We need to focus on what is most important and this book touches on just that. The best part is its size and how condensed the information is. Easy to read. Good for all ages.

Simply written by wonderful Thich Nhat Hanh (Thay as his student's call him) with some very good lessons. This whole series of books are terrific beginner books for those that wish to learn more about mindfulness. Any of Thay's books are wonderful. He is a simple, gentle Vietnamese monk with a simple message-be here now, be present with whatever you are doing and enjoy every precious moment!!

A simple book with short, essays rather than long chapters about one subject. So I found that easy to read at night before bed, where I could read a few of the essays and think about them before falling asleep. The ideas are very simply expressed, and the kindle version was very inexpensive.

Coloring Journal (Write, Color, Relax)

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