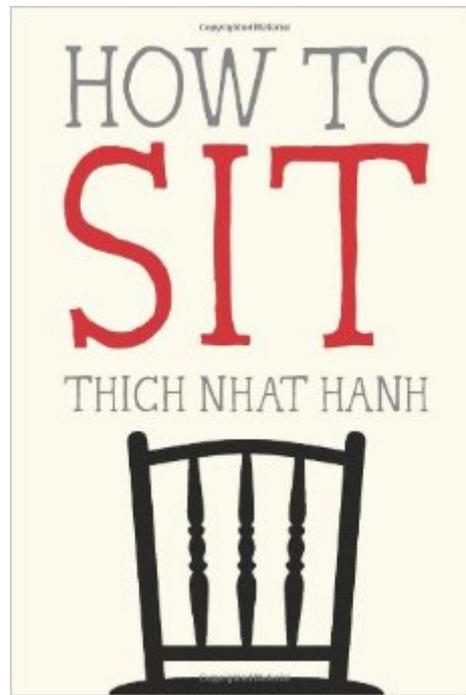


The book was found

How To Sit



Synopsis

The first book in the Mindfulness Essentials Series by Zen Master Thich Nhat Hanh, *How to Sit* offers clear, simple directions and inspiration for anyone wanting to explore mindfulness meditation. In short, single-paragraph chapters, Nhat Hanh shares detailed instructions, guided breathing exercises and visualizations, as well as his own personal stories and insights. This pocket-sized book is perfect for those brand new to sitting meditation as well as for those looking to deepen their spiritual practice. With sumi ink drawings by Jason DeAntonis.

Book Information

Paperback: 120 pages

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Shipping Weight: 2.9 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (60 customer reviews)

Best Sellers Rank: #21,710 in Books (See Top 100 in Books) #23 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Philosophy](#) #25 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality](#) #185 in [Books > Health, Fitness & Dieting > Alternative Medicine > Meditation](#)

Customer Reviews

I loved this book. I must start off and say I am a busy person all in all and do not, and did not find time to meditate. My first and serious meditation was through Tich Nhat Hanh. I followed his "peace in every step" meticulously and started meditating. I had found a way to calm myself and...in a moment. I could just sit back and breath in...and breath out. I am loyal to this practise and the current book as the others is again simplicity itself and just reminds us how to sit...sit back...breath in...breath out and enjoy

Now that I have read it through, this book sits nicely on my shelf between Buddhist books like *Rengetsu* and body work books like *Human Movement Potential*. The takeaway for me was that mindfulness benefits all aspects of life, including sitting! Hanh illustrates how to sit in different types of chairs and explains why many people have a fear of sitting.

I always feel so hugged when reading Thich Nhat Hanh's words. This little book is lovely. His joy shines through every line.

I have read many of Thich Nhat Hanh's books, and it's for good reason. Thich brings a peace and calm over me every time I read his words. This book is more of the same. How To Sit is a very easy read about meditation. How, where, when to sit is a common question among meditators. This book answers some of those questions. This isn't my favorite of his books, but at 5 bucks and 123 pages, it's a quick easy read that will have you feeling your inner Zen after reading. Take it for a spin and enjoy the meditations!

Reading one page causes my entire being to relax and change for the better. I love Thay, I love secular buddhism, I love zen made relevant. This book is for anyone. You do not need to understand buddhism to benefit. This book will augment any religion or no religion. My only wish is to go on retreat someday in Deer Park or Plum Village.

Beautiful, short, inspiring, thought provoking, paragraphs helping one be more conscious, present and appreciative in the moment! LOVE Thich Nhat Hanh and his beautiful contribution to the planet and humanity. He has my eternal thanks.

This is quite a simple book, meaning that it contains lots of white space (a paragraph per page, max). It talks about how to sit and relax and meditate in the moment. In particular, it focused on breathing while sitting. What I liked best about the book were the guided meditations, which contained various little phrases and poems to think about as you inhale and exhale. It helped you to make up your own phrases too, such as (inhale) "I recognize a tension, (exhale) I let the tension go...", "I feel X, I let X go..." Even while reading the book and doing the exercises, I could feel various muscles and tensions relax. I would recommend this book to someone who wants a short, easy read on the practice of focusing on breathing while sitting and meditating. But I think the Kindle book is overpriced for the content. Fortunately for me, I was able to borrow the ebook from a library.

Can you sit? Just be? If you can this book will help you become more mindful when sitting. There is no "instruction" by Thich Nhat Hanh even though the title of the book is "HOW TO SIT". He just uses his simple words to describe his experiences sitting. He imparts information and subtly inculcates a

mindful way to interact with the world. Do you have difficulty sitting without fidgeting? Do your thoughts stream through your mind when you try to just sit? If this describes you, read this book. It is a useful place to begin the lifelong journey to become more mindful. You may ask what mindfulness is. Simply put, it is your life. When you are mindful, you strive to make every moment of every day fulfilling and a joy to experience. Washing dishes, making investment decisions, changing diapers, talking with someone you just met, drinking a glass of lemonade you just made, writing a review on . Do it with your whole heart (or, if you wish, your whole soul) and your undivided attention. Be present. My words do not do mindfulness justice. Read Thich Nhat Hanh's words mindfully. Give them a place to flourish in your mind and in your life. Then pass the book along. For once you are mindful, of what use are mere books?

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