



## How to Walk (Mindful Essentials)

By Thich Nhat Hanh

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*How to Walk* is the fourth title in Parallax'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 somewhere—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* is a unique gift for all ages, sharing a simple practice that can have a profound effect on practitioners.

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## How to Walk (Mindful Essentials) By Thich Nhat Hanh Bibliography

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## Editorial Review

### Review

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. They've been featured in Brain Pickings and the Utne Reader.com among many other websites.

### About the Author

**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.

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### HEART LIKE A RIVER

If you pour a handful of salt into a cup of water, the water becomes undrinkable. But if you pour the salt into a river, people can continue to draw the water to cook, wash, and drink. The river is immense, and it has the capacity to receive, embrace, and transform. When our hearts are small, our understanding and compassion are limited, and we suffer. We can't accept or tolerate others and their shortcomings, and we demand that they change. But when our hearts expand, these same things don't make us suffer anymore. We have a lot of understanding and compassion and can embrace others. We accept others as they are, and then they have a chance to transform. So the big question is: how do we help our hearts to grow?

## Users Review

### From reader reviews:

**Melissa Ray:**

Do you have favorite book? For those who have, what is your favorite's book? E-book is very important thing for us to find out everything in the world. Each guide has different aim or even goal; it means that guide has different type. Some people truly feel enjoy to spend their time and energy to read a book. They are reading whatever they consider because their hobby will be reading a book. Think about the person who don't like reading through a book? Sometime, man feel need book whenever they found difficult problem or exercise. Well, probably you will want this How to Walk (Mindful Essentials).

**Jessica Sarmiento:**

Book is to be different for each grade. Book for children until eventually adult are different content. As it is known to us that book is very important usually. The book How to Walk (Mindful Essentials) had been making you to know about other know-how and of course you can take more information. It is extremely advantages for you. The guide How to Walk (Mindful Essentials) is not only giving you considerably more new information but also to become your friend when you really feel bored. You can spend your current spend time to read your reserve. Try to make relationship with the book How to Walk (Mindful Essentials). You never really feel lose out for everything if you read some books.

**Jerri Montgomery:**

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**Troy Kemp:**

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