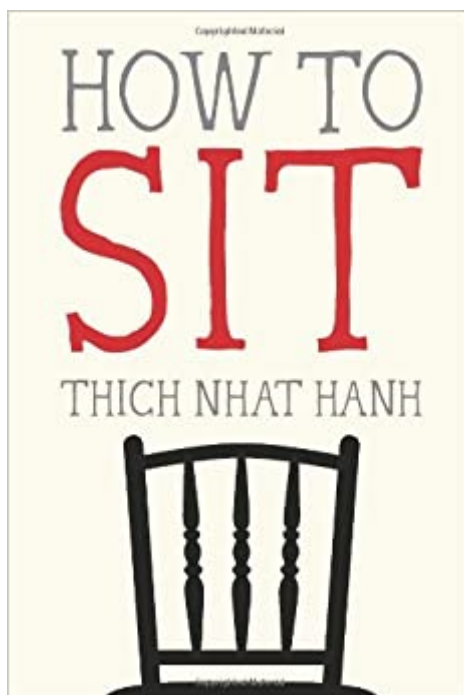


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# How To Sit



## 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

Publisher: Parallax Press (March 7, 2014)

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Product Dimensions: 4 x 0.3 x 6 inches

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

Average Customer Review: 4.6 out of 5 stars 75 customer reviews

Best Sellers Rank: #42,333 in Books (See Top 100 in Books) #49 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality](#) #50 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Philosophy](#) #335 in [Books > Health, Fitness & Dieting > Alternative Medicine > Meditation](#)

## 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. They've been featured in Brain Pickings and the Utne Reader.com among many other websites. From the Boxed Set edition.

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 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!

After struggling to understand the basics of mindfulness this book was a balm to my irritation. It is no surprise that Thich Nhat Hanh uses words skillfully even beautifully sometimes. In *How to Sit* he also unwraps the confusion I felt around meditation and made the concepts very accessible. I purchased extra copies to give to friends similarly challenged with mindfulness.

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 Thich 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 breathe in...and breathe out. I am loyal to this practice and the current book as the others is again simplicity itself and just reminds us how to sit...sit back...breathe in...breathe out and enjoy

Easily consumed. Simply, but profoundly written. I would definitely recommend this to anyone who is wanting to begin this amazing practice! :)

A bit over simplified, but I really like the core message to appreciate the small moments in life.

Great explanation of why it's a good idea to sit.

The simplicity and ease, with which Thich Nhat Hanh brings home the essence of mindfulness

remain unparalleled.

This is a great little reminder of the concepts of meditation. I love it.

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