

## How to Relax (Mindfulness Essentials)

By Thich Nhat Hanh

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### How to Relax (Mindfulness Essentials) By Thich Nhat Hanh

*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.

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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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#### AWARENESS OF BREATHING

Your breathing is a stable, solid ground where you can take refuge. No matter what thoughts, emotions, and perceptions are going on inside you, your breath is always there, like a faithful friend. Whenever you're carried away by thinking, overwhelmed by strong emotions, or feeling restless and dispersed, return to your breathing. Bring body and mind together and anchor your mind. Become aware of the air coming in and going out of your body. With awareness of the breath, our breathing naturally becomes light, calm, and peaceful. At any time of the day or night, whether you're walking, driving, working in the garden, or sitting at the computer, you can return to the peaceful refuge of your own breath.

### Users Review

#### From reader reviews:

**Mike Yerkes:**

Inside other case, little persons like to read book How to Relax (Mindfulness Essentials). You can choose the best book if you appreciate reading a book. Provided that we know about how is important a book How to Relax (Mindfulness Essentials). You can add expertise and of course you can around the world with a book. Absolutely right, mainly because from book you can recognize everything! From your country until foreign or abroad you will find yourself known. About simple factor until wonderful thing you may know that. In this era, we could open a book as well as searching by internet gadget. It is called e-book. You can utilize it when you feel fed up to go to the library. Let's read.

**Noel Stevens:**

People live in this new day of lifestyle always attempt to and must have the time or they will get wide range of stress from both daily life and work. So , whenever we ask do people have time, we will say absolutely indeed. People is human not only a robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to anyone of course your answer will certainly unlimited right. Then ever try this one, reading guides. It can be your alternative with spending your spare time, often the book you have read is definitely How to Relax (Mindfulness Essentials).

**Kenneth Roland:**

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**Michael Stanford:**

Reading a reserve make you to get more knowledge from it. You can take knowledge and information from your book. Book is prepared or printed or illustrated from each source this filled update of news. In this modern era like today, many ways to get information are available for an individual. From media social similar to newspaper, magazines, science e-book, encyclopedia, reference book, fresh and comic. You can add your knowledge by that book. Isn't it time to spend your spare time to open your book? Or just trying to find the How to Relax (Mindfulness Essentials) when you desired it?

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