



How to Relax (Mindfulness Essentials)

By Thich Nhat Hanh

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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:

Samuel Rascon:

The book How to Relax (Mindfulness Essentials) can give more knowledge and also the precise product information about everything you want. Why then must we leave the best thing like a book How to Relax (Mindfulness Essentials)? Several of you have a different opinion about book. But one aim which book can give many info for us. It is absolutely suitable. Right now, try to closer along with your book. Knowledge or details that you take for that, you may give for each other; you may share all of these. Book How to Relax (Mindfulness Essentials) has simple shape however you know: it has great and massive function for you. You can search the enormous world by wide open and read a reserve. So it is very wonderful.

Hae Hughes:

The guide with title How to Relax (Mindfulness Essentials) includes a lot of information that you can discover it. You can get a lot of benefit after read this book. This kind of book exist new expertise the information that exist in this book represented the condition of the world currently. That is important to you to learn how the improvement of the world. This kind of book will bring you with new era of the positive effect. You can read the e-book with your smart phone, so you can read this anywhere you want.

James Rogers:

The book untitled How to Relax (Mindfulness Essentials) contain a lot of information on the item. The writer explains the girl idea with easy means. The language is very clear to see all the people, so do certainly not worry, you can easy to read that. The book was written by famous author. The author brings you in the new era of literary works. You can read this book because you can read on your smart phone, or device, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site and also order it. Have a nice read.

Miguel Penix:

Is it anyone who having spare time then spend it whole day by watching television programs or just lying down on the bed? Do you need something new? This How to Relax (Mindfulness Essentials) can be the response, oh how comes? The new book you know. You are therefore out of date, spending your spare time by reading in this brand new era is common not a geek activity. So what these guides have than the others?

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