



How to Walk (Mindful Essentials)

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.

Scientific studies indicate that meditation contributes tremendously to well-being, general health, and longevity. *How to Walk* is a unique gift for those who want a comprehensive yet simple guide to understanding the many benefits of walking meditation, along with meditative poems to recite silently while walking. Appropriate for those practicing in any spiritual tradition, *How to Walk* will benefit both seasoned practitioners and those new to meditation.

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Reading a publication can be one of a lot of pastime that everyone in the world enjoys. Do you like reading book and so. There are a lot of reasons why people fantastic. First reading a reserve will give you a lot of new info. When you read a reserve you will get new information because book is one of numerous ways to share the information or maybe their idea. Second, reading through a book will make anyone more imaginative. When you studying a book especially fiction book the author will bring someone to imagine the story how the characters do it anything. Third, you could share your knowledge to other folks. When you read this How to Walk (Mindful Essentials), you can tells your family, friends in addition to soon about yours publication. Your knowledge can inspire different ones, make them reading a guide.

Joyce Jacobs:

Precisely why? Because this How to Walk (Mindful Essentials) is an unordinary book that the inside of the e-book waiting for you to snap it but latter it will surprise you with the secret the item inside. Reading this book alongside it was fantastic author who also write the book in such wonderful way makes the content within easier to understand, entertaining means but still convey the meaning fully. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of positive aspects than the other book get such as help improving your skill and your critical thinking means. So , still want to hesitate having that book? If I were you I will go to the publication store hurriedly.

Harvey Lee:

Playing with family within a park, coming to see the water world or hanging out with buddies is thing that usually you have done when you have spare time, then why you don't try matter that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love How to Walk (Mindful Essentials), you could enjoy both. It is great combination right, you still would like to miss it? What kind of hang type is it? Oh occur its mind hangout guys. What? Still don't understand it, oh come on its called reading friends.

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