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How to Sit

By Thich Nhat Hanh

Parallax Press. Paperback. Book Condition: New. Paperback. 120 pages. Dimensions: 5.9in. x 3.9in. x 0.6in. How to Sit is the first in a new series of how-to titles by Zen Master Thich Nhat Hanh that introduces beginners to and reminds seasoned practitioners of the essentials of mindfulness practice. Pocket-sized with bold black-and-white illustrations by Jason DeAntonis, How to Sit provides explicit, simple directions on the mechanics of posture and breathing, along with instructions for how best to achieve the awakened, relaxed state of clarity to cultivate concentration and compassion. Following the instructions, Thich Nhat Hanh shares a series of secular guided meditations that help us return to our breath, spend some time in the present moment, and come home to ourselves. The function of meditation practice is to heal and transform. Scientific studies indicate that meditation contributes tremendously to well-being, general health, and longevity. How to Sit is a unique gift for those who want a comprehensive yet simple guide to getting started with meditation practice, as well as meditators with training in any spiritual tradition who want to be reminded of the foundation of practice. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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