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By Thich Nhat Hanh

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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.

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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.

From the Boxed Set edition.

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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BODY, MIND, AND BREATH

In our daily lives, our attention is dispersed. Our body is in one place, our breath is ignored, and our mind is wandering. As soon as we pay attention to our breath, as we breathe in, these three things—body, breath, and mind—come together. This can happen in just one or two seconds. You come back to yourself. Your awareness brings these three elements together, and you become fully present in the here and the now. You are taking care of your body, you are taking care of your breath, and you are taking care of your mind.

From the Boxed Set edition.

Users Review

From reader reviews:

Patricia Rodrigue:

This How to Sit book is simply not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is actually information inside this e-book incredible fresh, you will get data which is getting deeper anyone read a lot of information you will get. This kind of How to Sit without we comprehend teach the one who reading through it become critical in contemplating and analyzing. Don't end up being worry How to Sit can bring whenever you are and not make your case space or bookshelves' come to be full because you can have it inside your lovely laptop even cellphone. This How to Sit having fine arrangement in word and also layout, so you will not truly feel uninterested in reading.

Loren Hatfield:

Nowadays reading books become more than want or need but also work as a life style. This reading behavior give you lot of advantages. The huge benefits you got of course the knowledge even the information inside the book this improve your knowledge and information. The information you get based on what kind of e-book you read, if you want drive more knowledge just go with education and learning books but if you want sense happy read one along with theme for entertaining for instance comic or novel. Often the How to Sit is kind of reserve which is giving the reader erratic experience.

Beverly Thomas:

The guide with title How to Sit possesses a lot of information that you can discover it. You can get a lot of benefit after read this book. This book exist new expertise the information that exist in this publication represented the condition of the world right now. That is important to yo7u to learn how the improvement of the world. This book will bring you with new era of the glowbal growth. You can read the e-book on the smart phone, so you can read it anywhere you want.

Wanda Riddle:

Playing with family inside a park, coming to see the water world or hanging out with friends is thing that usually you will have done when you have spare time, then why you don't try factor that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love How to Sit, it is possible to enjoy both. It is excellent combination right, you still need to miss it? What kind of hang-out type is it? Oh can occur its mind hangout fellas. What? Still don't get it, oh come on its referred to as reading friends.

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