



How to Live Bundle (Mindfulness Essentials)

Thich Nhat Hanh

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How to Sit, How to Eat, How to Love, How to Walk, and How to Relax, by Zen Master Thich Nhat Hanh, the five titles in the *How to Live Bundle*, introduce beginners and remind seasoned meditators of the essentials of mindfulness practice. Pocket-sized with bold original illustrations by Jason DeAntonis, the series shares explicit, simple directions on how achieve the awakened, relaxed state of clarity to cultivate concentration and compassion in daily life.

The *How to Live Bundle* 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 foundations of practice.

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