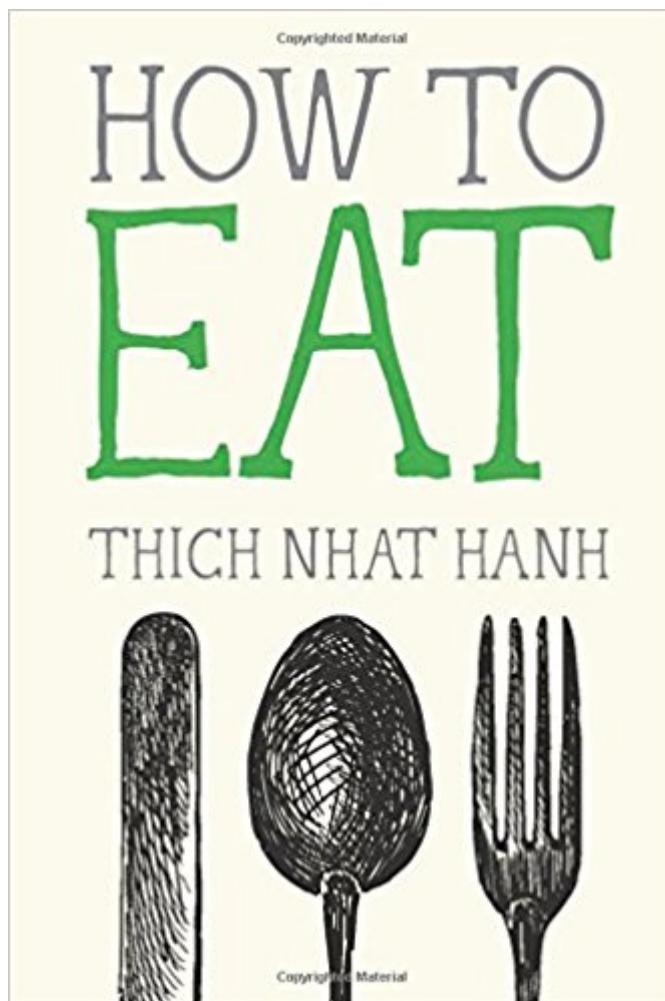


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# How To Eat (Mindful Essentials)



## Synopsis

How to Eat is part of the Mindfulness Essentials Series by Zen Master Thich Nhat Hanh, illuminating the basics of mindfulness practice. These short meditations cover everything from eating with others and enjoying our food to connecting with the Earth. Nhat Hanh inspires a joyful and sustainable relationship with all aspects of eating, including gardening, food shopping, preparing, serving, and even clearing up after a meal. How to Eat is a welcome reminder that the benefits of mindful eating are both personal and global. With sumi ink drawings by Jason DeAntonis.

## Book Information

Series: Mindful Essentials

Paperback: 128 pages

Publisher: Parallax Press (August 1, 2014)

Language: English

ISBN-10: 1937006727

ISBN-13: 978-1937006723

Product Dimensions: 4 x 0.4 x 6 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 76 customer reviews

Best Sellers Rank: #25,552 in Books (See Top 100 in Books) #29 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality #205 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #653 in Books > Health, Fitness & Dieting > Diets & Weight Loss

## Customer Reviews

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.

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.

Every time I start to eat some bit of wisdom from this book comes to mind ... not in a judgmental way, but in such a gentle way as to remind me of all that has gone into every bite. I am reminded to appreciate the bounty we so often take for granted. Thank you!

I am rethinking the way I feel about eating for a variety of personal reasons. I wanted to become more mindful about the act of cooking, preparing, eating, giving thanks and this book delivers. I love Thick Nhat Hanh's approach to life, it truly is peaceful and allows one to truly get involved in the process. I am enjoying the book it truly its a sweet spot. The book is short passages, some full paged, some not but every single page brings you closer to understanding the part that eating takes place in our lives.

Great book about mindful eating. I enjoyed how simple it is, what it focused on, and the overall message. It will make you give more thought to not only what you eat, but how you go about eating it. Two thumbs up!

This is a quick read, but an indefinite reminder of our need to be mindful no matter what we're doing. In our current day we forget how to do everything, even eat. We forget to think of where the food we're eating came from, the hard work that was put into it, and cherishing the flavor of every bite as it enters our mouth, the essence of the sun and the atmosphere, our universe and how we're each involved in bettering it on an individual level. We're a busy generation obsessed with cellphones and televisions, always forgetting to truly appreciate what we have and what our ancestors have given to us. This book helps remind us why we eat, and to understand what it means to eat. We eat to eat, not just to provide our bodies with nutrients. Thich wrote this series as a reminder for us to remember how to be mindful no matter what we're doing and I've loved each "how to" so far. They're written on a human level which is great for inviting both those who are new to practicing, and those who have priced their entire lives. I love to carry it around with me when I go out to eat, or to have it on the table during dinner just as a reminder. People are always curious to

know what it means to know "How to Eat".

Leave it to Tich Nhat to teach us how to slow down, enjoy our food, and listen to and trust our bodies. This book has been key in my healing process from a lifetime of unsuccessful dieting. Who knew you could eat less, but enjoy it more? A nice, easy read.

As I read this before my morning breakfast, it reminds me to be mindful throughout the day. Being someone who has lived with obesity, and recently had gastric bypass surgery, it is very helpful to my new lifestyle.

Which Nhat Hanh finds peace and joy in everyday things. He shows how to find joy and peace in the simple act of eating. I recommend this book.

Beautiful, short, inspiring, thought provoking, paragraphs helping one be more conscious, present and appreciative in the moment! LOVE Thich Nhat Hanh and his beautiful contribution to the planet and humanity. He has my eternal thanks.

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