



How to Love (Mindful Essentials)

By Thich Nhat Hanh

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How to Love (Mindful Essentials) By Thich Nhat Hanh

How to Love is the third title in Parallax's 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. This time Nhat Hanh brings his signature clarity, compassion, and humor to the thorny question of how to love. He distills one of our strongest emotions down to four essentials: you can only love another when you feel true love for yourself; love is understanding; understanding brings compassion; deep listening and loving speech are key ways of showing our love.

Pocket-sized, with original two color illustrations by Jason DeAntonis, *How to Love* shows that when we feel closer to our loved ones, we are also more connected to the world as a whole. With sections on Love vs. Need, Being in Love, Reverence, Intimacy, Children and Family, Reconciling with Parents, and more, *How to Love* includes meditations you can do alone or with your partner to go deep inside and expand your own capacity to love.

Scientific studies indicate that meditation contributes tremendously to well-being, general health, and longevity. *How to Love* is a unique gift for those who want a comprehensive yet simple guide to understanding the many different kinds of love, along with meditative practices that can expand the understanding of and capacity for love, appropriate for those practicing in any spiritual tradition, whether seasoned practitioners or new to meditation.

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Editorial Review

Review

Appeared on every Regional Trade Association bestseller list in 2015:

GLIBA (Great Lakes)

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NAIBA (New Atlantic)

NCIBA (Northern California)

NEIBA (New England)

PNBA (Pacific Northwest)

SCIBA (Southern California)

SIBA (South)

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 polymathic Bay Area artist, known for his fine carpentry, custom furniture, and detailed woodwork. 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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PRACTICING JOY

We may think of joy as something that happens spontaneously. Few people realize that it needs to be cultivated and practiced in order to grow. Mindfulness is the continuous practice of deeply touching every moment of daily life. To be mindful is to be truly present with your body and your mind, to bring harmony to your intentions and actions, and to be in harmony with those around you. We don't need to make a separate time for this outside of our daily activities. We can practice mindfulness in every moment of the day as we walk from one place to another. When we walk through a door, we know that we're going through a door. Our minds are with our actions.

Users Review

From reader reviews:

Debbie Brown:

Why don't make it to be your habit? Right now, try to prepare your time to do the important action, like looking for your favorite publication and reading a guide. Beside you can solve your problem; you can add your knowledge by the e-book entitled *How to Love (Mindful Essentials)*. Try to face the book *How to Love (Mindful Essentials)* as your friend. It means that it can for being your friend when you really feel alone and beside those of course make you smarter than ever before. Yeah, it is very fortunated for you. The book makes you far more confidence because you can know everything by the book. So , we should make new experience along with knowledge with this book.

Delores Nault:

The actual book *How to Love (Mindful Essentials)* will bring someone to the new experience of reading a new book. The author style to spell out the idea is very unique. In the event you try to find new book to study, this book very ideal to you. The book *How to Love (Mindful Essentials)* is much recommended to you to see. You can also get the e-book from the official web site, so you can more readily to read the book.

Mariano Smith:

Spent a free time and energy to be fun activity to do! A lot of people spent their leisure time with their family, or all their friends. Usually they performing activity like watching television, likely to beach, or picnic in the park. They actually doing same every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Can be reading a book may be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the guide untitled *How to Love (Mindful Essentials)* can be great book to

read. May be it might be best activity to you.

Manuel Porter:

This How to Love (Mindful Essentials) is new way for you who has intense curiosity to look for some information because it relief your hunger of information. Getting deeper you in it getting knowledge more you know or perhaps you who still having small amount of digest in reading this How to Love (Mindful Essentials) can be the light food in your case because the information inside this particular book is easy to get by simply anyone. These books acquire itself in the form that is reachable by anyone, that's why I mean in the e-book web form. People who think that in book form make them feel drowsy even dizzy this book is the answer. So there is absolutely no in reading a e-book especially this one. You can find what you are looking for. It should be here for a person. So , don't miss the item! Just read this e-book kind for your better life as well as knowledge.

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