



## How to Walk (Mindful Essentials)

*Thich Nhat Hanh*

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*How to Walk* is the fourth title in Parallax's popular 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. Slow, concentrated walking while focusing on in- and out-breaths allows for a unique opportunity to be in the present. There is no need to arrive somewhere—each step is the arrival to concentration, joy, insight, and the momentary enlightenment of aliveness. When your foot touches the Earth with awareness, you make yourself alive and the Earth real, and you forget for one minute the searching, rushing, and longing that rob our daily lives of awareness and cause us to “sleepwalk” through life.

Thich Nhat Hanh shares amusing stories of the impact mindful walking has on both the walker and those who notice him, and shows how mindful walking can be a technique for diminishing depression, recapturing wonder, and expressing gratitude. Pocket-sized, with original two color illustrations by Jason DeAntonis, *How to Walk* is a unique gift for all ages, sharing a simple practice that can have a profound effect on practitioners.

Scientific studies indicate that meditation contributes tremendously to well-being, general health, and longevity. *How to Walk* is a unique gift for those who want a comprehensive yet simple guide to understanding the many benefits of walking meditation, along with meditative poems to recite silently while walking. Appropriate for those practicing in any spiritual tradition, *How to Walk* will benefit both seasoned practitioners and those new to meditation.



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