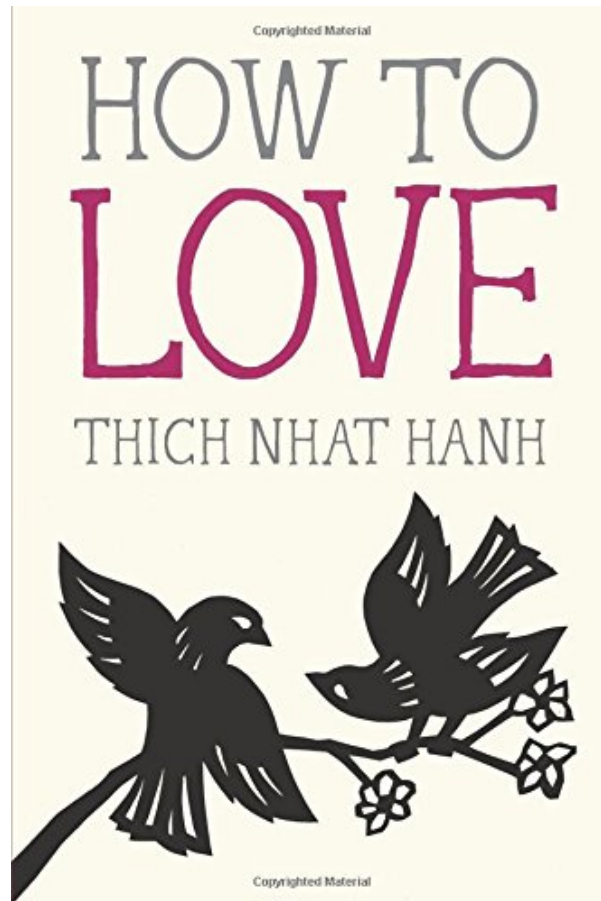


HOW TO LOVE (MINDFUL ESSENTIALS) BY THICH NHAT HANH



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Review

The Mindfulness Essentials have appeared on each of the Regional Independent Bookstore Trade Association bestseller lists in 2015:

GLIBA Great Lakes

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MPIBA Mountains and Plains

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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.

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HOW TO LOVE (MINDFUL ESSENTIALS) BY THICH NHAT HANH PDF

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.

- Sales Rank: #3346 in Books
- Published on: 2014-12-01
- Released on: 2014-12-01
- Original language: English
- Number of items: 1
- Dimensions: 6.00" h x .35" w x 4.00" l, .18 pounds
- Binding: Paperback
- 128 pages

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28 of 28 people found the following review helpful.

EVERY HUMAN BEING MUST READ THIS BOOK....

By TaurusDIVA79

I can't tell you how elated I am to have been recommended this very profound yet quick read that kept me riveted from beginning to end... I finished it in about 2 days reading from my kindle app on my phone as well as the PC Amazon Cloud Reader version while multitasking at work... VERY inexpensive and well worth ingesting..... The title may be simple but this is not some elementary manual on "love" in the commercially personified or rudimentary way.... Rather it is a very deep and conscious guide towards loving with more than words or emotions or in idealized concept..... I really feel this book is VITAL for every human being to read... The principles in this book speak to a deeper consciousness to foster healthier relationships with every love in your life-- spouses/mates/friends/ siblings/ family/ children etc . It's only 118 pages and visually spaced for a quick and easy flow. It's the kind of book you read and some months or years later re-read again like it's the first time all over Consider it a life manual to keep referring back to... I implore you to take the time to ingest this important spiritual work..... and may it enrich you as greatly as it has enriched me....

28 of 30 people found the following review helpful.

How to Love by Thich Nhat Hanh

By Shasha

Hi, Small book that is very peaceful to read. I agree...if you reject yourself and cause harm to self there is no point in talking about loving/accepting others. Love self otherwise you have nothing to share. (I agree....God can love us, but we need to love ourselves first to know how to love others.) In order to help another person you need to understand their needs/suffering/desires first. Be a friend to yourself first. The 20 questions near the end of the book are good. Past/future generations are in us. Blame/argue doesn't help...only makes it worse.

16 of 17 people found the following review helpful.

A wonderful primer on compassion

By Jessica A. Llanes

A great introduction to the idea of loving kindness and how to nurture love, compassion and understanding in ourselves and for the people around us. It is a short but profound read that can instantly change the way we approach misunderstandings and take ownership of our own suffering and unhappiness. The book includes simple, straightforward advice to resolve these disconnections by becoming more in flow with the present moment and nurturing the best and most positive parts of us and those we love. A must read for anyone who hopes to "do no harm" in all of their relationships and wants more inner peace and contentment.

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