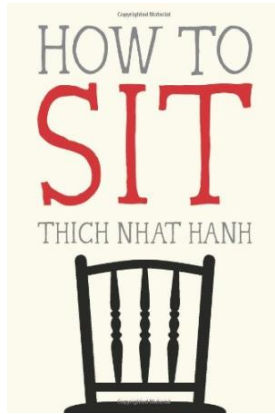


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HOW TO SIT



Parallax Press. Paperback. Book Condition: New. Paperback. 120 pages. Dimensions: 5.9in. x 3.9in. x 0.6in. How to Sit is the first in a new series of how-to titles by Zen Master Thich Nhat Hanh that introduces beginners to and reminds seasoned practitioners of the essentials of mindfulness practice. Pocket-sized with bold black-and-white illustrations by Jason DeAntonis, How to Sit provides explicit, simple directions on the mechanics of posture and breathing, along with instructions for how best to achieve the awakened, relaxed...

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