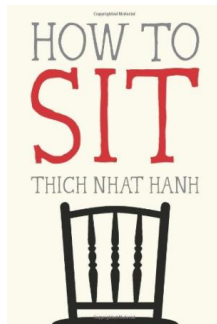


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HOW TO SIT



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...

Read PDF How to Sit

- Authored by Thich Nhat Hanh
- Released at -



Filesize: 7.26 MB

Reviews

This book will not be straightforward to start on studying but really fun to read. it absolutely was writtern really flawlessly and helpful. You can expect to like just how the writer write this publication.

-- **Glenna Goldner**

Very useful to all category of individuals. It is one of the most amazing publication i have got read through. You will not feel monotony at anytime of your respective time (that's what catalogs are for about when you question me).

-- **Mr. Johnathon Dach**

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