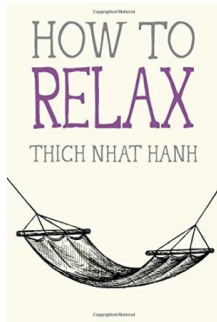


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HOW TO RELAX



Parallax Press, United States, 2015. Paperback. Book Condition: New. 152 x 102 mm. Language: English . Brand New Book. How to Relax is part of The 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. Pocket-sized, with original two color illustrations by Jason DeAntonis, How to Relax shows how critical it is to regularly interrupt the hub-bub and routine of our lives to stop, relax...

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- Authored by Thich Nhat Hanh, Jason Deantonis
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