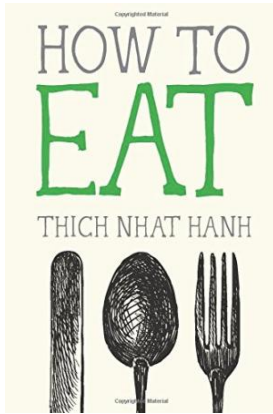


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Parallax Press. Paperback. Book Condition: New. Jason DeAntonis (illustrator). Paperback. 128 pages. Dimensions: 5.8in. x 3.9in. x 0.5in. Eating is a chance to return to the present moment. How to Eat is the second in Parallax's series of how-to titles by Zen Master Thich Nhat Hanh. These friendly, pocket-sized books contain several delightful illustrations by Jason DeAntonis, and are appropriate for those practicing in any spiritual tradition and all levels of familiarity with mindfulness practice. How to Eat clearly and succinctly...

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