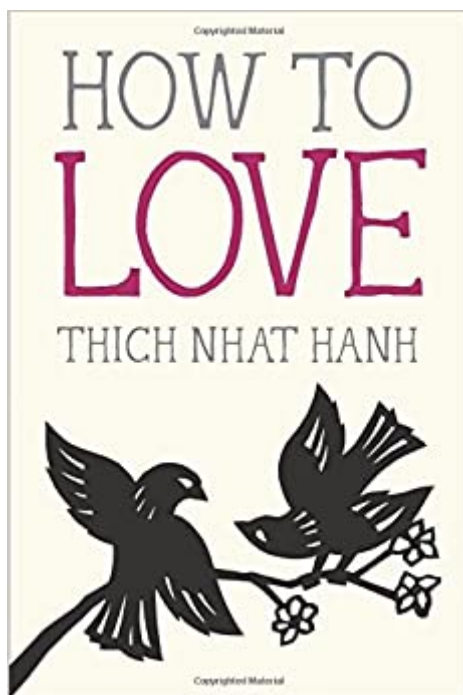


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# How To Love (Mindful Essentials)



## Synopsis

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.

## Book Information

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## Customer Reviews

The Mindfulness Essentials have appeared on each of the Regional Independent Bookstore Trade Association bestseller lists in 2015:Â Â GLIBA Great LakesÂ Â MIBA MidwestÂ Â MPIBA Mountains and PlainsÂ Â NAIBA New AtlanticÂ Â NCIBA Northern CaliforniaÂ Â NEIBA New EnglandÂ Â PNBA Pacific NorthwestÂ Â SCIBA Southern CaliforniaÂ Â SIBA the SouthÂ Â as well as the NPR Bestseller list, theÂ Â San Francisco ChronicleÂ Â Bestseller list, theÂ Â Boston GlobeÂ Â Bestseller list, theÂ Â LA TimesÂ Â Bestseller List and the extendedÂ Â New York TimesÂ Â Bestseller List. Theyâve been featured in Brain Pickings and the Utne Reader.com among many other websites.

Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books include *Be Free Where You Are* and *Peace of Mind*. He lives in Plum Village in southwest France. Nhat Hanh has been teaching the art of mindful living for more than 70 years. Jason DeAntonis is an award-winning Bay Area artist, known for his sumi ink illustrations, and his fine carpentry and custom furniture. He has also worked in sculpture, costume design, glass blowing, painting, printmaking, and book illustration. His work has appeared in *Mindfulness in the Garden*, *How to Sit*, *How to Eat*,Â Â *How to Walk*, *How to*Â Â *Love*, and *How to Relax*.Â Â He lives in Berkeley, California.

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 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....

While this little book may be a quick read, it holds the opportunity of lifetime practice to learn how to love deeply. Simple language. Beautiful illustrations.

This little book is so beautifully written. I have read it several times and given it away to friends. Love it.

Beautiful book, simply written, but hits home with all the basic truths. Because, really, it is all so simple. We just have to listen and do. Wise words from such a wise man. Excellent price, I have the Kindle version. I can carry it with me and use it for inspiration when needed.

This book is excellent. The language is simple, yet profound. Very practical advice on how to care for others and oneself in many areas of life. I am Christian, but the way it is written is deeply resonant with my values. It is not explicitly a Buddhist text, as there are only a few (4 or 5?) statements referring to Buddhism in the whole book. I recommend "How to Love" for anyone regardless of creed or religious background!

Thought it would give directions on how to love. It doesn't. It's a collection of short stories (like a few sentences) that will make you reflect on love. It's not bad at all. Really, it isn't. I just assumed it would be like his other books, such as his book that kind of teaches how to communicate.

A nice overview of Hanh's perspectives on love. Beautifully written and thought provoking, with one paragraph statements on each page. I give it 4 stars because I would have liked to have seen more written on the subject. But overall, a recommended book.

How to Love is an amazing book. It is a small book but is a true testament that big things come in small packages. Recommended for anyone and everyone who wants to practice and nurture true love. I will treasure the teachings of the author and hope to put his lessons of compassion and loving kindness to work in both my mind and my spirit. Thanks!

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