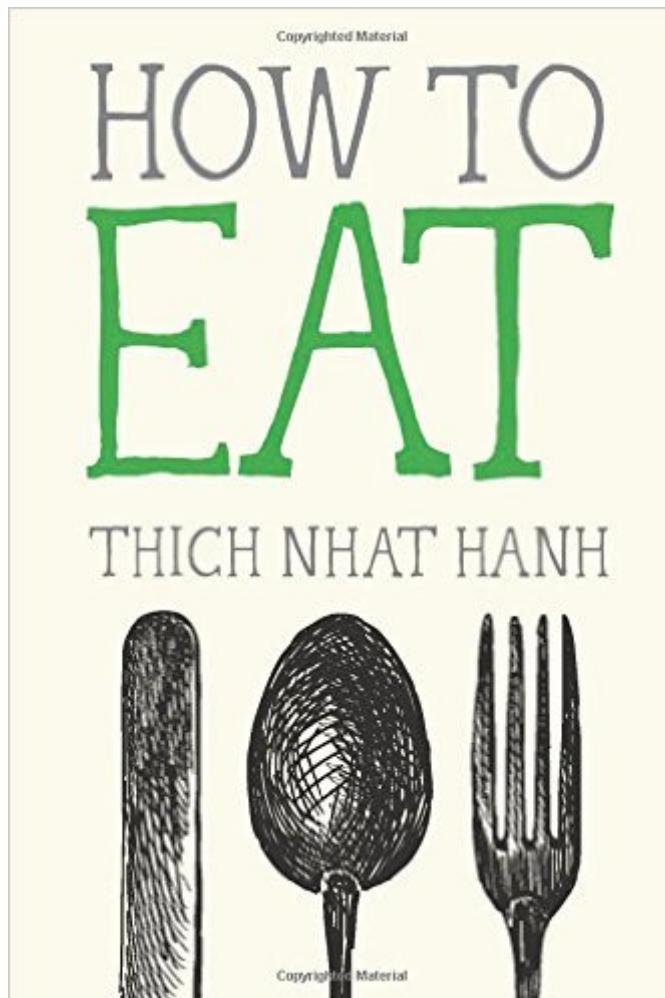


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# How To Eat (Mindful Essentials)



## Synopsis

How to Eat is part of the Mindfulness Essentials Series by Zen Master Thich Nhat Hanh, illuminating the basics of mindfulness practice. These short meditations cover everything from eating with others and enjoying our food to connecting with the Earth. Nhat Hanh inspires a joyful and sustainable relationship with all aspects of eating, including gardening, food shopping, preparing, serving, and even clearing up after a meal. How to Eat is a welcome reminder that the benefits of mindful eating are both personal and global. With sumi ink drawings by Jason DeAntonis.

## Book Information

Series: Mindful Essentials

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Product Dimensions: 3.9 x 0.4 x 6 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (67 customer reviews)

Best Sellers Rank: #16,119 in Books (See Top 100 in Books) #16 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality #144 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #466 in Books > Health, Fitness & Dieting > Diets & Weight Loss

## Customer Reviews

Every time I start to eat some bit of wisdom from this book comes to mind ... not in a judgmental way, but in such a gentle way as to remind me of all that has gone into every bite. I am reminded to appreciate the bounty we so often take for granted. Thank you!

Leave it to Tich Nhat to teach us how to slow down, enjoy our food, and listen to and trust our bodies. This book has been key in my healing process from a lifetime of unsuccessful dieting. Who knew you could eat less, but enjoy it more? A nice, easy read.

Great book about mindful eating. I enjoyed how simple it is, what it focused on, and the overall message. It will make you give more thought to not only what you eat, but how you go about eating

it. Two thumbs up!

This is a quick read, but an indefinite reminder of our need to be mindful no matter what we're doing. In our current day we forget how to do everything, even eat. We forget to think of where the food we're eating came from, the hard work that was put into it, and cherishing the flavor of every bite as it enters our mouth, the essence of the sun and the atmosphere, our universe and how we're each involved in bettering it on an individual level. We're a busy generation obsessed with cellphones and televisions, always forgetting to truly appreciate what we have and what our ancestors have given to us. This book helps remind us why we eat, and to understand what it means to eat. We eat to eat, not just to provide our bodies with nutrients. Thich wrote this series as a reminder for us to remember how to be mindful no matter what we're doing and I've loved each "how to" so far. They're written on a human level which is great for inviting both those who are new to practicing, and those who have priced their entire lives. I love to carry it around with me when I go out to eat, or to have it on the table during dinner just as a reminder. People are always curious to know what it means to know "How to Eat".

As I read this before my morning breakfast, it reminds me to be mindful throughout the day. Being someone who has lived with obesity, and recently had gastric bypass surgery, it is very helpful to my new lifestyle.

I am rethinking the way I feel about eating for a variety of personal reasons. I wanted to become more mindful about the act of cooking, preparing, eating, giving thanks and this book delivers. I love Thick Nhat Hanh's approach to life, it truly is peaceful and allows one to truly get involved in the process. I am enjoying the book it truly its a sweet spot. The book is short passages, some full paged, some not but every single page brings you closer to understanding the part that eating takes place in our lives.

This little book of aphorisms about using mindfulness in regard to preparing, growing, cooking and eating food could do more for people struggling with bad eating habits than anything else I have ever read. Whether one eats too fast, snacks excessively, eats on the run or with the TV on etc., you will never be the same after reading this brilliant, easy to read book (it only took me an hour or two.) Another little gem from Thich Nhat Hahn!

Beautiful, short, inspiring, thought provoking, paragraphs helping one be more conscious, present and appreciative in the moment! LOVE Thich Nhat Hanh and his beautiful contribution to the planet and humanity. He has my eternal thanks.

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