



How to Eat (Mindful Essentials)

By Thich Nhat Hanh

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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 cleaning 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.

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Editorial Review

Review

The Mindfulness Essentials have appeared on each of the Regional Independent Bookstore Trade Association bestseller lists in 2015:

GLIBA Great Lakes

MIBA Midwest

MPIBA Mountains and Plains

NAIBA New Atlantic

NCIBA Northern California

NEIBA New England

PNBA Pacific Northwest

SCIBA Southern California

SIBA the South

as well as the NPR Bestseller list, the *San Francisco Chronicle* Bestseller list, the *Boston Globe* Bestseller list, the *LA Times* Bestseller List and the extended *New York Times* Bestseller List. They've been featured in Brain Pickings and the Utne Reader.com among many other websites.

About the Author

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*, *How to Walk*, *How to Love*, and *How to Relax*. He lives in Berkeley, California.

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SLOWING DOWN

When we can slow down and really enjoy our food, our life takes on a much deeper quality. I love to sit and eat quietly and enjoy each bite, aware of the presence of my community, aware of all the hard and loving work that has gone into my food. When I eat in this way, not only am I physically nourished, I am also spiritually nourished. The way I eat influences everything else that I do during the day.

Eating is as important a time for meditation as sitting or walking meditation time. It's a chance to receive the many gifts of the Earth that I would not otherwise benefit from if my mind were elsewhere. Here is a verse I like to recite when I eat:

In the dimension of space and time,

We chew as rhythmically as we breathe.

Maintaining the lives of all our ancestors,

Opening an upward path for descendants.

We can use the time of eating to nourish the best things our relatives have passed onto us and to transmit what is most precious to future generations

Users Review

From reader reviews:

Erma Carver:

Why don't make it to become your habit? Right now, try to ready your time to do the important take action, like looking for your favorite guide and reading a book. Beside you can solve your problem; you can add your knowledge by the reserve entitled How to Eat (Mindful Essentials). Try to make the book How to Eat (Mindful Essentials) as your good friend. It means that it can to become your friend when you sense alone and beside associated with course make you smarter than ever before. Yeah, it is very fortunated for you. The book makes you a lot more confidence because you can know anything by the book. So , let me make new experience and knowledge with this book.

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Clarence McKeever:

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Patricia Meyer:

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