



**PARALLAX
PRESS**

HOW TO FOCUS

by **Thich Nhat Hanh**

The Mindfulness Essentials series is a back-to-basics collection from world-renowned Zen master Thich Nhat Hanh that introduces everyone to the essentials of mindfulness practice.

In this ninth pocket-sized How To book, the simple, refreshing meditations of Zen Master Thich Nhat Hanh give us the tools to cultivate concentration. Practicing mindfulness brings concentration, and concentration brings insight and understanding.

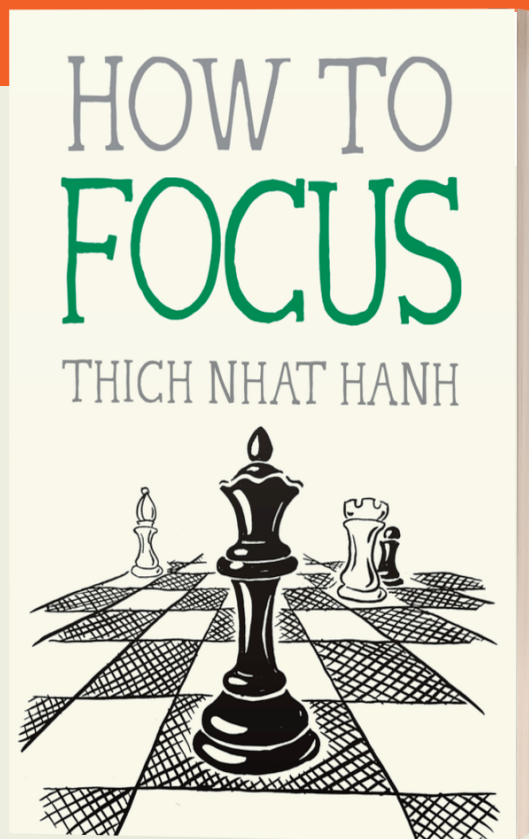
How to Focus is the ninth book in the Mindfulness Essentials series, which has sold over one million copies to date. The tenth and final book in the series, *How to Smile*, is planned for summer 2023. All books in the series feature original sumi-ink illustrations by Jason DeAntonis.



ABOUT THICH NHAT HANH

Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist, revered for his influential teachings on mindfulness, peace-making, ethics, and environmental action. A pioneer in bringing mindfulness practice to the West, *Time* magazine called him “the monk who taught the world mindfulness” in 2019.

“Thich Nhat Hanh’s work, on and off the page, has proven to be the antidote to our modern pain and sorrows. Here is a monumental, life-giving mind, reserved as textual force. And that’s what I feel reading and practicing his teachings: that I am being acted on by a compassion equal to and pervasive as gravity itself. His books help me be more human, more me than I was before.”—Ocean Vuong, author of *On Earth We’re Briefly Gorgeous*



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About the illustrator: Jason DeAntonis is an award-winning Bay Area artist, known for his fine carpentry and detailed woodwork. He has also worked in sculpture, costume design, glass blowing, painting, printmaking, and book illustration. His work has appeared in Parallax Press books *Mindfulness in the Garden* and the Mindfulness Essentials series, among others. He lives in Berkeley, California.

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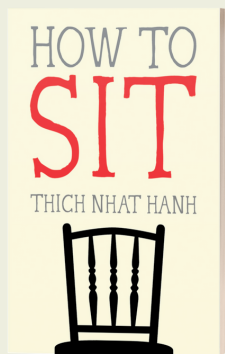


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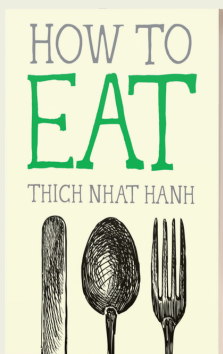
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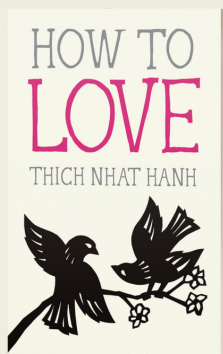
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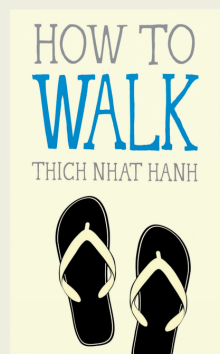
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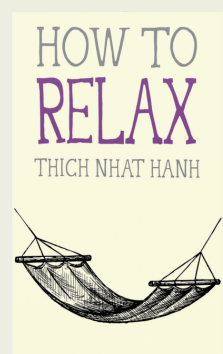
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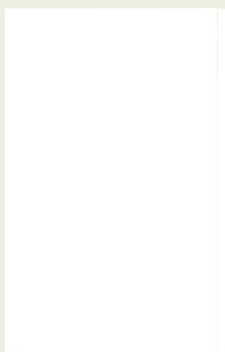
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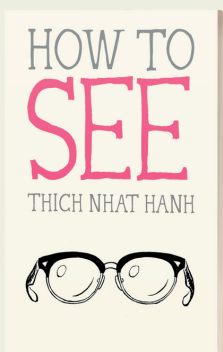
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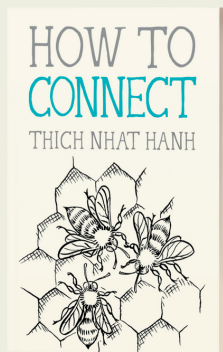
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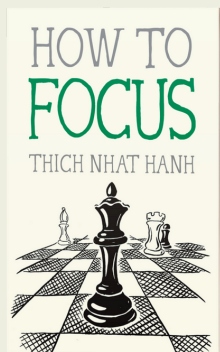
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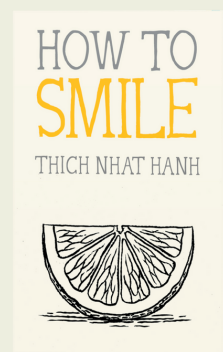
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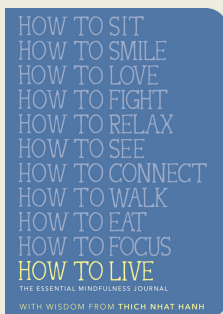


HOW TO LIVE: Mindfulness Journal

A companion to the bestselling How To (Mindfulness Essentials) books from Thich Nhat Hanh, this guided journal contains quotes to contemplate for your own mindfulness practice. Lined pages for writing are interspersed with quotes and the beautiful sumi-ink illustrations of Jason DeAntonis. Like the How To books, this journal is small enough to fit in your pocket or backpack.

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