



PARALLAX PRESS



PLUM BLOSSOM BOOKS



PALM LEAVES PRESS

“

To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself.

”

THICH NHAT HANH

PARALLAX PRESS

NEW BOOKS 2021–2023



WELCOME, FRIENDS

Dear Friends of Parallax Press,

As I reflect on the life of “Thay,” Zen Master Thich Nhat Hanh, the cofounder of Parallax Press who passed away earlier this year, I am awed by the range and depth of the books he published and the many ways in which he inspired everyone to live fully, authentically, and beautifully. From his gentle guidance on being aware of our body and our breathing to mindfulness in daily life, from his gorgeous poems to his essays calling for social action, Thay’s writings offer us so many ways to generate peace in ourselves and in the world. Never has his message been more relevant than now.

We have three exciting new books by Thich Nhat Hanh in our Palm Leaves Press imprint, *The Admonitions and Encouraging Words of Master Guishan*, *The Bodhisattva Path*, and *Cracking the Walnut*, freshly translated from the Vietnamese for the first time by a team of monastic editors in Plum Village, France, led by Venerable Sister Chan Duc (Sister Annabel Laity, True Virtue). *Master Guishan* is a classic text read by Buddhist monastic students in Vietnam, containing essential advice for all sincere meditation practitioners. In *The Bodhisattva Path*, we learn from Thich Nhat Hanh about the bodhisattva ideal at the heart of his teachings—the capacity to see the potential for awakening in everyone and aspire to help them along their path. *Cracking the Walnut* contains Thich Nhat Hanh’s commentary and insights on the liberating teachings of the second-century philosopher Nagarjuna.

In this historic year, we are also bringing out new editions of some of Thich Nhat Hanh’s beloved older books for new generations of readers. Many readers in the United States and Europe know Thay first as a leader in the movement toward personal and cultural awakening—“*the monk who taught the world mindfulness*” as he was hailed by TIME magazine. Yet prior to his arrival in the West, Thich Nhat Hanh’s compassionate activism for peace in Vietnam underscores how Thay’s mindfulness was forged in the fires of war. Parallax Press is proud to reissue the long-out-of-print *Vietnam: Lotus in a Sea of Fire*, first published in 1967, which, according to Thomas Merton, offers “a startling other view of the war in Vietnam.” In addition to *Lotus*, we are also offering Thich Nhat Hanh’s letters, essays, and calls to action at key moments of social and political transformation in a new edition of *Love in Action: Writings on Nonviolent Social Change*.

As activists in a turbulent world, we need to remember to take refuge in nature and be nourished by beauty. Thay’s brilliant collection of poetry *Call Me by My True Names* provides “*an antidote to our modern pain and sorrows*,” as Ocean Vuong says. In Fall

2022 we are also offering an updated edition of Thay's Plum Village practice poems (gathas) for mindfulness in everyday life, *Present Moment Wonderful Moment*. With many more new gathas adapted for modern life, these poetic yet practical verses help us to slow down and enjoy each moment of our lives.

In the popular Mindfulness Essentials Series, *How to Focus* shares Thich Nhat Hanh's teachings on the second stage of the meditation journey after mindfulness: concentration. It is an apt antidote for the stress of our busy way of life in which our minds continually race and scatter in a thousand directions. *How to Smile* gives us ways to transform our suffering, to touch moments of happiness even in the midst of hard times. It reminds us that spiritual practice—and life itself—contain the elements we need to nourish our joy.

Heal Your Living: The Joy of Mindfulness, Sustainability, Minimalism, and Wellness is a soothing book by “extreme minimalism” practitioner Youheum Son, whom we learned about from her participation on an epic Plum Village hiking retreat on the Appalachian Trail. Dr. Tho Ha Vinh, Dharma teacher and former director of the Gross National Happiness Center in Bhutan, points out in *A Culture of Happiness: How to Scale Up Happiness from People to Organizations* that although joy is an individual experience, when it is shared, how much more powerful it becomes! What might the world look like when your family, school, workplace, and your country are aligned in holding happiness as a value?

A garden of books for younger readers is growing in 2022! *Our Earth, Our Home: The Essential Japanese Green Living Handbook for Kids* by permaculture expert Kai Sawyer and Azusa Fukuoka from Tokyo shows us that green living starts at home. The delightful *We Are All Flowers* by Wake Up Schools International coordinator Orlaith O' Sullivan teaches children the nourishing art of flower watering—the Plum Village practice of sharing appreciation with our friends and families. In Fall 2022, *Where Did Poppy Go?* by much-loved children's author Gail Silver (*Anh's Anger, Steps and Stones*) is a touching story of a father comforting his son after a grandfather dies. The lovely rhyme and poetry offers a gentle way to discuss loss and grief with a child. We see, along with the little boy of the story, how our loved ones are with us always, in everything we do.

With gratitude for your support,



Hisae Matsuda, publisher, on behalf of the whole Parallax Press family

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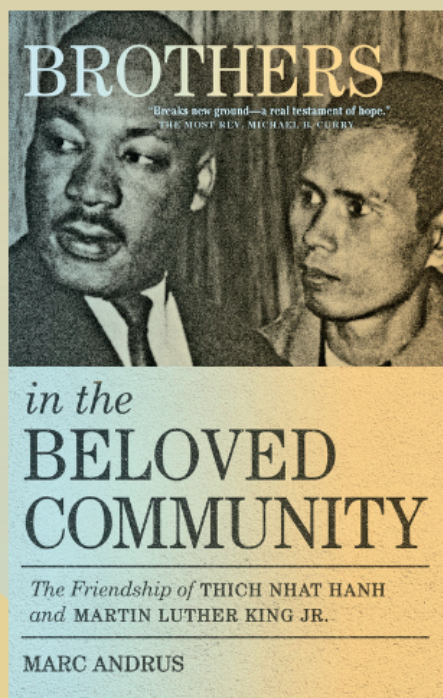
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ALSO OF
INTEREST



Friendship is a current of love that is spiritual, visible to what is called “the eyes of the heart.”

The never-before-told story of the friendship between Martin Luther King Jr. and Thich Nhat Hanh—icons who changed each other and the world

The day after Martin Luther King Jr. was assassinated in 1968, Thich Nhat Hanh wrote a heartbroken letter to their mutual friend Raphael Gould. He said: “I did not sleep last night. . . . They killed Martin Luther King. They killed us. I am afraid the root of violence is so deep in the heart and mind and manner of this society. They killed him. They killed my hope. I do not know what to say. . . . He made so great an impression in me. This morning I have the impression that I cannot bear the loss.”

Only a few years earlier, Thich Nhat Hanh wrote an open letter to Martin Luther King Jr. as part of his effort to raise awareness and bring peace in Vietnam. There was an unexpected outcome of Nhat Hanh's letter to King: The two men met in 1966 and 1967 and became not only allies in the peace movement, but friends. The two men bonded over a vision of the Beloved Community: a vision described recently by Congressman John Lewis as “a nation and world society at peace with itself.” It was a concept each knew of because of their membership within the Fellowship of Reconciliation, an international peace organization, and that Martin Luther King Jr. had been popularizing through his work for some time. Thich Nhat Hanh, Andrus shows, took the lineage of

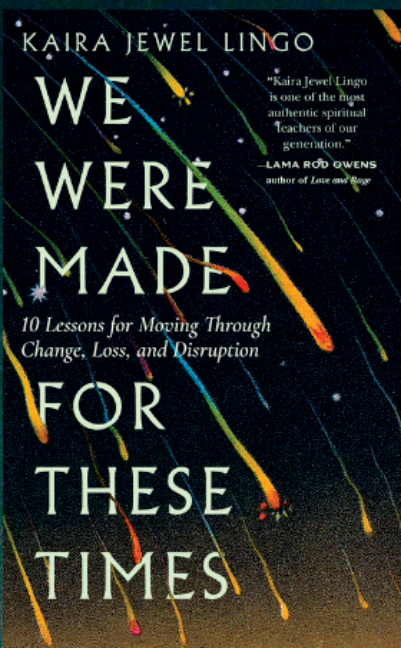
the Beloved Community from King and carried it on after his death.

The Rt. Rev. Marc Handley Andrus is the eighth bishop of the Episcopal Diocese of California. Prior to his election as Bishop of California, Andrus served as Bishop Suffragan in the Episcopal Diocese of Alabama. His leadership has focused on key issues related to peace and justice, including immigration reform, civil rights for LBGTQ+ persons, health care, and climate change. His climate advocacy work has taken him to the UN Climate Conferences in Paris (COP21), Marrakesh (COP22), Bonn (COP23), and Katowice, Poland (COP24), as well as the Dakota Access Pipeline demonstrations at Standing Rock. He lives in San Francisco with his wife, Sheila.

PARALLAX PRESS
HC: 9781946764904 | \$24.95 | \$31.95
EL: 9781946764911 | \$14.99 | \$22.99
On Sale Date: 11/16/2021

Page Count: 216
Trim Size: 5-½ x 8-½
Carton Count: 32

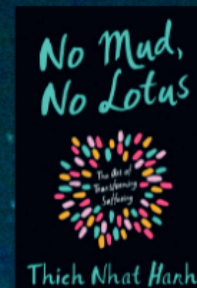
BISAC 1: Biography & Autobiography - Social Activists
BISAC 2: Biography & Autobiography - Religious
BISAC 3: Biography & Autobiography - Political



ALSO OF INTEREST



9781946764515
TR \$16.95 | EL \$12.99



9781937006853
TR \$14.95 | EL \$12.99

“Coming home to ourselves feels like belonging; it is a state that holds us and enables us to hold others.” KAIRA JEWEL LINGO

In ten concise chapters, you'll learn powerful ways to meet life's challenges with wisdom, resilience, and ease.

We all go through times when it feels like the ground is being pulled out from under us. What we relied on as steady and solid may change or even appear to vanish. In this era of global disruption, threats to our individual, social, and planetary safety abound, and at times life can feel overwhelming. Not only are loss and separation painful, but even positive changes can cause great stress.

Yet life is full of change: birth, death, marriage, divorce; a new relationship; losing or starting a job; beginning a new phase in life or ending one. Change is stressful, even when it is much desired or anticipated—the unknown can feel scary and threatening. In *We Were Made for These Times*, the extraordinary mindfulness teacher Kaira Jewel Lingo imparts accessible advice on navigating difficult times of transition, drawing on Buddhist teachings on impermanence to help you establish equanimity and resilience.

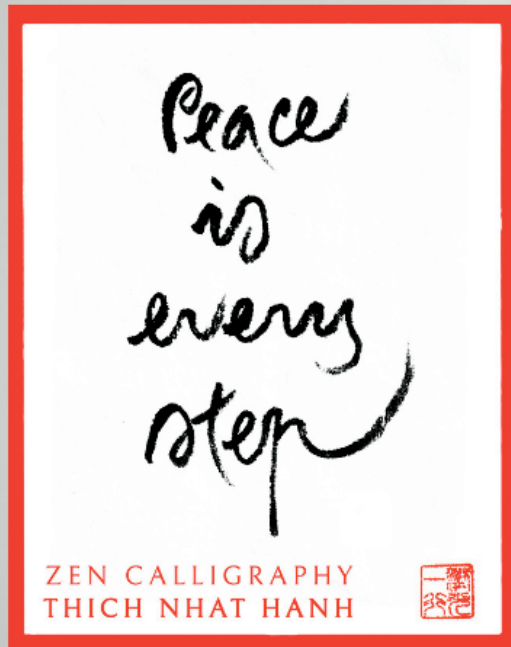
Each chapter in *We Were Made for These Times* holds an essential teaching and meditation, unfolding a step-by-step process to nurture deeper freedom and stability in daily life. Time-honored teachings will help you develop ease, presence, and self-compassion, supporting you to release the fear and doubt that hold you back.

Kaira Jewel Lingo is a much-loved Dharma teacher who has been practicing mindfulness since 1997. She lived as an ordained nun for 15 years, during which time she trained closely with her teacher, Venerable Thich Nhat Hanh. Speaking five languages, she shares Buddhist meditation, secular mindfulness, and compassion practice internationally, providing spiritual mentoring to individuals and communities working at the intersection of racial, climate, and social justice. Her teaching focuses on activists, educators, artists, youth and families, and Black, Indigenous, and People of Color (BIPOC), and includes the interweaving of art, play, nature, ecology, and embodied mindfulness practice. Kaira Jewel Lingo teaches in the Plum Village Zen tradition and in the Vipassana tradition. She lives in New York.

PARALLAX PRESS
TR: 9781946764928 | \$14.95 | \$19.50
EL: 9781952692208 | \$11.99 | \$17.99
On Sale Date: 10/25/2021

Page Count: 144
Trim Size: 5 x 8
Carton Count: 80

BISAC 1: Body, Mind & Spirit – Mindfulness & Meditation
BISAC 2: Religion – Buddhism – Zen
BISAC 3: Philosophy – Eastern



ALSO OF
INTEREST



9781946764539
TR \$17.95

A joyful expression
of Zen Master
Thich Nhat Hanh's
artistry and an
invitation to come
back to yourself

A timeless set of 12 notecards featuring the beautiful calligraphy of Zen Master Thich Nhat Hanh

The calligraphy of Thich Nhat Hanh is a joyful expression of his artistry and an invitation to come back to yourself, breathe, and be in the present moment. Each boxed set contains twelve blank cards printed on fine white stock and twelve white envelopes. The Thich Nhat Hanh Calligraphy Note Cards set contains three each of four designs:

- Peace Is Every Step
- I Am Here for You
- Be Beautiful Be Yourself
- Present Moment Wonderful Moment

PARALLAX PRESS

NT: 9781952692093 | \$19.95 | \$25.95

On Sale Date: 11/02/2021

BISAC 1: Body, Mind & Spirit - Mindfulness & Meditation

BISAC 2: Philosophy - Eastern

BISAC 3: Religion - Buddhism - Zen

Trim Size: 5-½ x 7

Carton Count: 36

Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.



*An invitation to contemplate
the wonders of the world in the
present moment*

An elegant set of 12 notecards featuring the inspirational wisdom of Zen Master Thich Nhat Hanh accompanied by hand-painted florals

Thich Nhat Hanh's wisdom and insight has been an inspiration to millions of people all over the world. These quotes, from his most well-loved books and teachings, are an invitation to contemplate the wonders of the world in the present moment. Each boxed set contains twelve blank cards printed of fine white stock and twelve white envelopes. The Thich Nhat Hanh Zen Flowers Note Cards set contains three each of four designs:

- "Because you are alive, everything is possible"
- "Your presence is an offering"
- "Be beautiful, be yourself"
- "Peace begins here, now"

PARALLAX PRESS

NT: 9781952692109 | \$19.95 | \$25.95

On Sale Date: 11/02/2021

BISAC 1: Body, Mind & Spirit – Mindfulness & Meditation

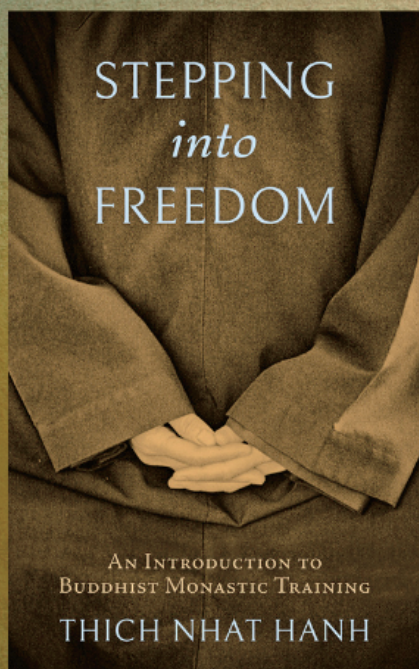
BISAC 2: Philosophy – Eastern

BISAC 3: Religion – Buddhism – Zen

Trim Size: 5-½ x 7

Carton Count: 36

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ALSO OF
INTEREST



9781941529140
TR \$14.95 | EL \$9.99



9781941529423
TR \$14.95 | EL \$12.99

THE ESSENCE OF MONASTIC
CULTURE IN THE
PLUM VILLAGE TRADITION

Zen Master Thich Nhat Hanh's guide to daily life in the monastery with 99 practice poems, 10 novice precepts, and 41 "fine manners" offering the basic teachings of mindfulness for all aspiring monks and nuns in the Plum Village tradition

For millennia, people have set out for the hills, forests, and mountains to find freedom, happiness, peace, joy, balance, fulfillment, and God or enlightenment while living simply in a spiritual community. Now, more than ever, we look for a way to live a life of integrity and purpose.

Fortunately, the monastic tradition is still very much alive, and who better to share it than the monks and nuns of Plum Village, the largest Buddhist monastic community outside Asia? *Stepping into Freedom* offers us a detailed look at every aspect of monastic life, showing us all ways to live simply, beautifully, and happily in the present moment.

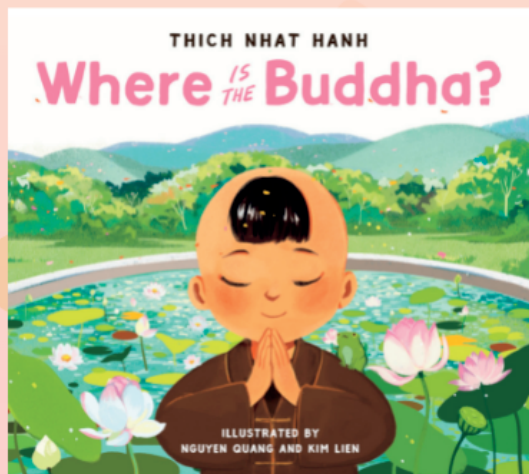
As a book of guidelines, encouraging words, reminders, and poems for novice monks and nuns in the Plum Village tradition, *Stepping into Freedom* helps us lead a wholesome, happy life, whether we are in the monastery or in the larger world. With inspiration for every moment in the life of a practitioner from waking up in the morning to lighting a candle in the evening, this book is perfect for beginners to mindfulness who wish to enhance their practice at home as well as anyone considering living in spiritual community—especially those who wish to deepen their understanding of the monastic way of life.

Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.

PARALLAX PRESS
TR: 9781952692000 | \$15.95 | \$21.95
EL: 9781952692017 | \$12.99 | \$17.50
On Sale Date: 09/28/2021

Page Count: 224
Trim Size: 5 x 8
Carton Count: 44

BISAC 1: Religion - Buddhism - Zen
BISAC 2: Religion - Monasticism
BISAC 3: Religion - Meditations



**A heartfelt story
on discovering the
Buddha's true nature**

**ALSO OF
INTEREST**



9781937006211
HC \$14.95 | EL \$6.99



9781937006655
HC \$16.95



A new story for children from Zen Master Thich Nhat Hanh: a young boy named Minh goes on a journey to find the Buddha, only to discover the Buddha is in each one of us.

Minh loves going to the temple with his parents. Everyone is nice to him there as they go about their daily work. But his favorite part of the temple is the Buddha statue. He is very impressed by all of the bananas, mangoes, and other fruits that people leave for the Buddha. He imagines that the Buddha must really like all of those fruits! To Minh, the Buddha statue is the Buddha.

As Minh grows up, eventually he realizes that the Buddha statue isn't actually the Buddha. But if the statue isn't the Buddha, then what is? Where is the Buddha? With his characteristic insight, sincerity, and sense of humor, Thich Nhat Hanh guides young readers through a charming tale of discovery, beginning in India with the story of the historical Buddha, Siddhartha, and then on to Vietnam with Minh and his quest.

Includes a section at the end of the book on How to Be a Buddha, with basic breathing exercises and meditations for children.

PLUM BLOSSOM

HC: 9781952692055 | \$18.95 | \$24.95

EL: 9781952692062 | \$9.99 | \$17.50

On Sale Date: 11/23/2021

BISAC 1: Juvenile Fiction – Religious – Buddhist

BISAC 2: Juvenile Fiction – Biographical – Asia

BISAC 3: Juvenile Fiction – Legends, Myths, Fables–Asian

Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.

Kim Lien and Nguyen Quang are Vietnamese illustrators who have collaborated on books published in a number of countries.

Page Count: 32

Trim Size: 9-½ x 8-½

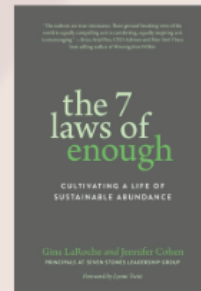
Carton Count: 42

Age: 4-8

Grade: Preschool-3



ALSO OF INTEREST



9781941529904
TR \$18.95 | EL \$12.99

A holistic approach to a more fulfilling life

Embark on a transformational journey with this easy-to-use minimalist, mindful guide to physical and emotional decluttering from the founder of Heal Your Living, the Youtube lifestyle channel with over 250,000 subscribers.

Heal Your Living is about more than just getting rid of your stuff: it's a holistic approach to a more fulfilling life, in harmony with your deepest aspirations. Youheum Son, the founder of the Youtube lifestyle channel with over 250,000 subscribers, identifies four areas that comprise the Heal Your Living approach:

- Mindfulness: Meditation and insight
- Sustainability: Low-waste, eco-friendly lifestyle
- Minimalism: Simple living
- Wellness: Self-care and healing

Separated into these four sections, this guide contains easy-to-use daily reflections for emotional and physical decluttering, as well as journaling prompts, planners, checklists, affirmations, and mantras.

With Youheum's guidance, you can recognize a better way of living and arrive at a turning point to release negative habits. You can freely choose to let go of the past and focus your full attention on healing to live fully without limiting beliefs. The decision to heal will bring you health, a positive mental attitude, and a balance between mind, body, and spirit.

Youheum Son is a creative soul with a passion for sharing and spreading compassion to this Earth and all other living beings. She is the founder and creator of Heal Your Living, the YouTube lifestyle channel focused on Mindfulness, Sustainability, Minimalism, and Wellness, with over 250,000 followers worldwide. She is also a free-spirited digital nomad, designer, illustrator, and intuitive coach.

PARALLAX PRESS

TR: 9781952692154 | \$19.95 | \$25.95

EL: 9781952692161 | \$12.99 | \$17.99

On Sale Date: 05/24/2022

BISAC 1: Self-Help – Personal Growth – Happiness

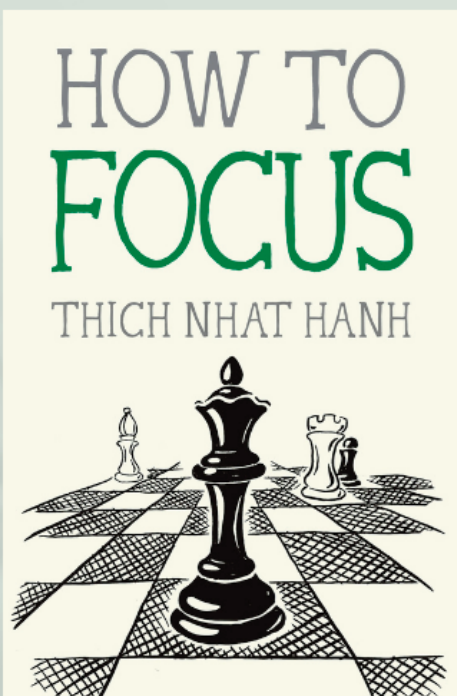
BISAC 2: Body, Mind & Spirit – Healing – General

BISAC 3: House & Home – Cleaning, Caretaking & Organizing

Page Count: 160

Trim Size: 6-½ x 9

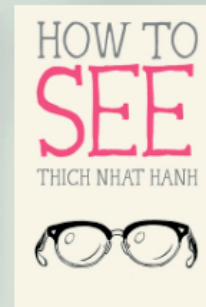
Carton Count: 24



ALSO OF
INTEREST



9781946764546
TR \$9.95 | EL \$6.99



9781946764331
TR \$9.95 | EL \$6.99

CULTIVATE THE CLARITY OF MIND THAT IS
THE BASIS FOR UNDERSTANDING ONESELF,
EACH OTHER, AND THE WORLD.

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.

With our world experiencing the deep effects of loneliness, digital overload, and a proliferation of potential distractions, this pocket-sized How To book reminds us of the value of developing our concentration, so we can let go of misperceptions and cultivate the clarity of mind that is the basis for understanding ourselves, each other, and the world.

Written with characteristic simplicity and kindness, these wise meditations teach us that by practicing mindfulness in daily life, we are cultivating the power of concentration and fostering the conditions that bring insight, liberating us from misperceptions and misunderstanding.

The Mindfulness Essentials series is a back-to-basics collection from world-renowned Zen Master Thich Nhat Hanh that introduces readers to the essentials of mindfulness practice. All Mindfulness Essentials books are illustrated with playful sumi-ink drawings by California artist Jason DeAntonis.

PARALLAX PRESS

TR: 9781952692178 | \$9.95 | \$13.50

EL: 9781946764935 | \$6.99 | \$9.99

On Sale Date: 07/19/2022

BISAC 1: SEL016000: Self-Help – Personal Growth – Happiness

BISAC 2: Body, Mind & Spirit – Mindfulness & Meditation

BISAC 3: Religion – Buddhism – Zen

Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.

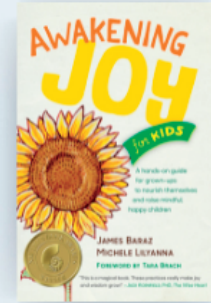
Page Count: 128

Trim Size: 4 x 6

Carton Count: 24



ALSO OF
INTEREST



9781941529287
TR \$16.95 | EL \$12.99

THIS BOOK DARES TO TRULY ENVISION A
POST-CARBON FUTURE, CHARTING THE
PATH TOWARDS A FUN LIFE IN HARMONY
WITH THE EARTH.

Beautifully illustrated, energetic guide from Japan for forward-thinking kids and parents on how to live in harmony with our earth—contains sections on **DIY crafts, design thinking, mindfulness, gardening, eating, permaculture, and more**

Young readers will be swept along by Kai, the guide on this journey, who only has five rules:

- 1) Be yourself
- 2) You have everything you need
- 3) You can create whatever you want
- 4) We are all connected
- 5) Have fun with life!

With those rules as the north star, Kai teaches kids and adults about eating, permaculture, mindfulness, design thinking, creating a garden, DIY crafts, and more. Each section includes illustrated step-by-step guides and activity ideas.

Many books on climate change and green living for kids focus on recycling or other small-picture ideas. This book from Japan dares to truly envision a post-carbon future—and not only that, embraces it and charts the path towards a truly fun life, in harmony with the Earth.

Page Count: 144
Trim Size: 8 x 10
Carton Count: 24

Age: 8-12 years
Grade: 3-7

Kai Sawyer is a nonviolence activist born in Tokyo in 1983. He was raised in Niigata, Hawaii and Osaka. While attending the University of California, Santa Cruz, he began to engage with the anti-war movement and sustainability. He also co-chaired the Education for Sustainable Living Program (ESLP). As the founder of Tokyo Urban Permaculture, an experimental project based on the gift economy, he conducts workshops on permaculture, nonviolent communication, mindfulness, systems thinking and such around the world. With his collaborators, he wants to create a world where everyone lives life to the fullest.

Wakana Kawamura is an illustrator and permaculture designer, born in in Hyogo Prefecture.

PLUM BLOSSOM
TR: 9781952692116 | \$23.95 | \$27.95
EL: 9781952692123 | \$12.99 | \$17.99
On Sale Date: 05/03/2022

BISAC 1: Juvenile Nonfiction - Recycling & Green Living
BISAC 2: Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation
BISAC 3: Juvenile Nonfiction - Gardening



Introduce your child to the practice of flower watering: the much-needed art of recognizing and appreciating everyone's good qualities.

A rhyming, charming exploration of "flower watering"—the art of appreciating others—for kids

We are all flowers! We all need compliments and appreciation to be our best selves, just like flowers need water. This fun and sweet book introduces children to the practice of flower watering: the much-needed art of recognizing and appreciating good qualities in the people around you, which brightens and lifts everyone's spirits.

Also includes a section on watering your own flowers to grow your own self-esteem.

PLUM BLOSSOM

HC: 9781952692130 | \$17.95 | \$23.95

EL: 9781952692147 | \$10.99 | \$17.99

On Sale Date: 06/07/2022

BISAC 1: Juvenile Nonfiction - Social Topics - Emotions & Feelings

BISAC 2: Juvenile Nonfiction - Social Topics - Friendship

BISAC 3: Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation

Page Count: 40

Trim Size: 8-½ x 9-½

Carton Count: 12

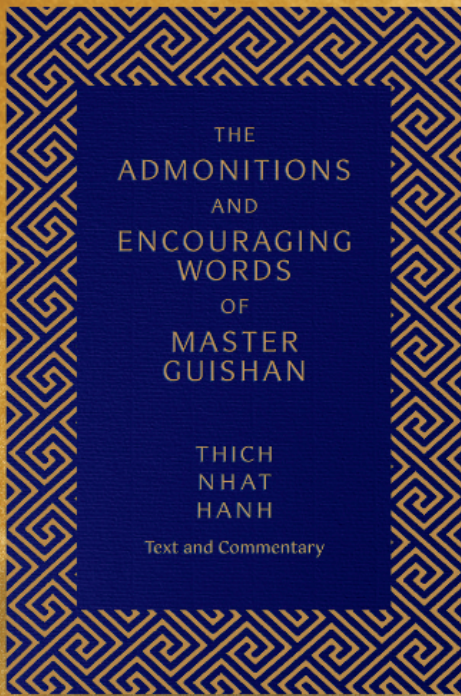
Age: 4-8 years

Grade: Preschool-3

Orlaith O'Sullivan is a mindfulness educator, poet, and writer whose work has been shortlisted for the William Trevor International Short Story Competition and the J. G. Farrell Award. She is the winner of the Fish-Knife Award for Crime and The Stinging Fly Prize. She holds a PhD in Renaissance English literature and has taught widely, from Beowulf to feminist science fiction.

On the mindfulness and SEL side, Orlaith O'Sullivan is a founding member of the Community of Contemplative Education, Mind & Life Europe's group to cultivate human flourishing through education, which offers research, evidence-base, and overviews to deepen our understanding of what works and how. O'Sullivan is the International Coordinator of Wake Up Schools, the award-winning grassroots organization for mindfulness in education. She lives in Dublin, Ireland.

Tika & Tata are sisters from Georgia with a passion for drawing since childhood. They love to draw nature, animals, and plants in various colors and styles.



ALSO OF INTEREST



9781941529140
TR \$14.95 | EL \$9.99



9781946764829
TR \$17.95 | EL \$12.99

ONE OF THE KEY BOOKS OF SUTRA COMMENTARIES FOR MEDITATION PRACTITIONERS

Thich Nhat Hanh's translation and commentary for a Buddhist text that has been long considered one of the three key books for monastic meditation practitioners

For monastic practitioners and laypeople alike, this text from the days of early Buddhism in China calls on us to wake up and live an authentic life dedicated to spiritual ideals. *The Admonitions and Encouraging Words of Master Guishan* is offered to new monks and nuns at the time of their ordination together with books on monastic codes of conduct, and it remains a companion and guide throughout their career.

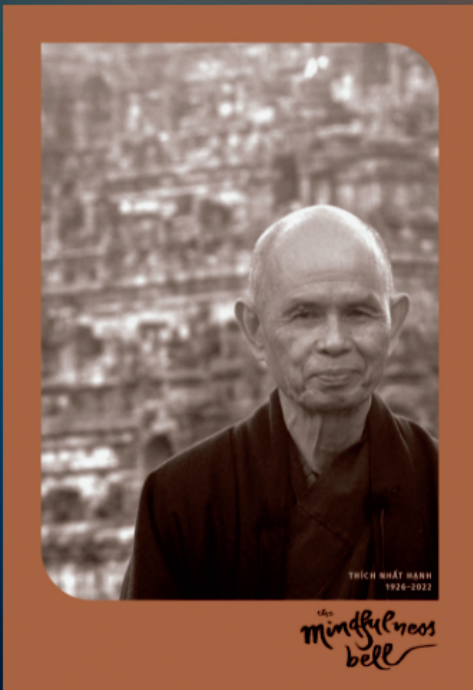
The importance of Master Guishan's Classical Chinese text cannot be underestimated. Although it is addressed to monks, it is suitable for anyone who seeks to awaken and live with clarity and intention. Thich Nhat Hanh gives a timely commentary based on his lived experience of guiding several generations of monastic and lay students on their path of practice. The text and commentary have been translated from Vietnamese into English by Bhikshuni True Virtue (Sister Annabel Laity), Thich Nhat Hanh's first Western monastic disciple.

PALM LEAVES PRESS
TR: 9781952692185 | \$17.95 | \$23.95
EL: 9781952692192 | \$12.99 | \$17.99
On Sale Date: 06/14/2022

BISAC 1: Body, Mind & Spirit – Mindfulness & Meditation
BISAC 2: Philosophy – Eastern
BISAC 3: Religion – Buddhism – Zen

Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.

Page Count: 160
Trim Size: 5 x 7-½
Carton Count: 24



Honoring Thich Nhat Hanh's transformation in this beautifully crafted issue of *The Mindfulness Bell*

A journal of the art of mindful living in the Plum Village tradition of Thich Nhat Hanh, offering inspiration and resources for those practicing mindfulness in daily life

With a special focus on remembering Zen Master Thich Nhat Hanh in this summer's issue, *The Mindfulness Bell* features stories and teachings based on the authors' direct experience of transformation through the practice of mindfulness. Instead of giving academic or intellectual views, the teachings emphasize simple and successful ways to transform the difficulties and limitations in our lives so that each day becomes an experience of peace, happiness, and freedom. *The Mindfulness Bell* shares insights into the benefits of a committed practice of mindfulness through:

- Personal stories of practicing with the climate crisis and engaging in social justice;
- How lay Dharma teachers and long-term practitioners deepen their skills of mindful living through relationships at work and at home;
- Practical advice on how to foster harmony and peace in ourselves, our families, and in the world;
- Tips on practicing with children, and young people's expressions of joy and insight through the practice;
- How to foster mindfulness in our daily life and how to build a local Sangha.

The Mindfulness Bell offers a connection to a community of people who aspire to live life deeply and in harmony with all beings. Subscriptions to *The Mindfulness Bell* support the work of Thich Nhat Hanh and the worldwide Sangha, as we offer methods for healing and transformation.

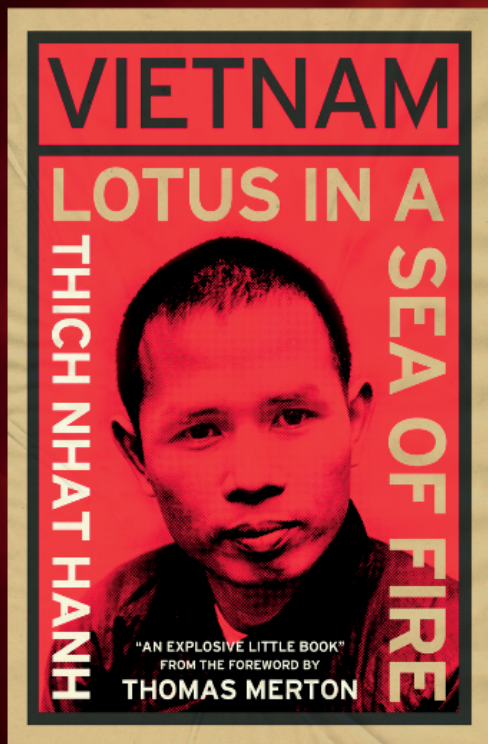
About the Thich Nhat Hanh Memorial Issue 89

The Mindfulness Bell would like to honor Thay's transformation by offering this curated collection of highlights from the week of memorial ceremonies, teachings from Thich Nhat Hanh on death, impermanence, and interbeing, and reflections and recollections of Thay from elder monastics, lay Dharma teachers, and friends. This issue is part of our [digital and print subscriptions](#).

PARALLAX PRESS
US ISSN Print: 27696499 | \$17.95
US ISSN PDF: 27696502 | \$12
On Sale Date: Mid-August 2022

Page Count: 64
Trim Size: 7.5 x 11

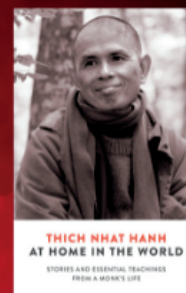
BISAC 1: Self-Help – Personal Growth – Happiness
BISAC 2: Body, Mind & Spirit – Mindfulness & Meditation
BISAC 3: Religion – Buddhism – Zen



ALSO OF INTEREST



9781941529140
TR \$14.95 | EL \$9.99



9781941529423
TR \$14.95 | EL \$12.99

“Essential reading for the informed.”

—*Kirkus Reviews*

A stunning commentary on the cultural and political background to the war in Vietnam that resonates deeply as the first work of the Venerable Thich Nhat Hanh

This rare book from 1967 is one of the very few written in English giving a Vietnamese perspective on the Indochina Wars. Many years ahead of its time, *Vietnam: Lotus in a Sea of Fire* will be welcomed by historians and readers of contemporary Vietnamese narratives and the work of resistance.

As war raged in Vietnam, Thich Nhat Hanh became a leading figure in the Buddhist peace movement. With the help of friends like Catholic monk Thomas Merton, he published *Vietnam: Lotus in a Sea of Fire* in 1967 in the US, his uncompromising and radical call for peace. Thomas Merton wrote the foreword, believing it had the power to show Americans that the more America continued to bomb Vietnam, the more communists it would create. This was Thich Nhat Hanh's first book in English and made waves in the growing anti-war movement in the United States at the time.

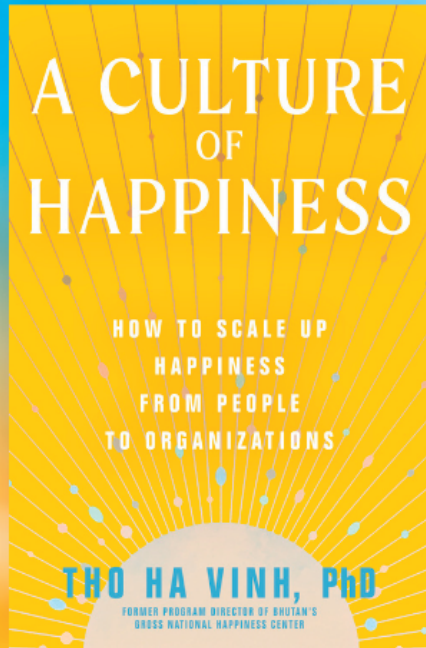
Thich Nhat Hanh's portrayal of the plight of the Vietnamese people during the Indochina Wars is required reading now as the United States and Europe continue to grapple with their roles as global powers—and the human effects of their military policies.

Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.

PARALLAX PRESS
TR: 9781952692031 | \$17.95 | \$23.95
EL: 9781952692048 | \$12.99 | \$17.50
On Sale Date: 08/09/2022

Page Count: 192
Trim Size: 5-1/4 x 8
Carton Count: 24

BISAC 1: Political Science - Peace
BISAC 2: Body, Mind & Spirit - Mindfulness & Meditation
BISAC 3: Philosophy - Buddhist



ALSO OF
INTEREST



9781946764584
TR \$16.95 | EL \$12.99



9781941529201
HC \$22.95 | TR \$16.95 |
EL \$12.99

“IF YOU WANT TO READ JUST ONE
BOOK ON THE SUBJECT, THIS IS IT.”

—Brother David Steindl-Rast, Benedictine
monk and cofounder of www.gratefulness.org

Practical principles for creating conditions for happiness at scale from the program director of the Gross National Happiness Center of Bhutan, the only country in the world to measure progress by the happiness of its citizens

Despite countless happiness programs focused on individual well-being, are we any happier, really? Is it in fact possible to be fully happy within a miserably dysfunctional society built to keep structures of inequity in place? While the pursuit of happiness is a much-celebrated ideal, how can countries and communities design the right environments for people to lead happy lives?

Taking the case of the country of Bhutan as an example, the nation's first Gross National Happiness program director Tho Ha Vinh explains how the principles of happiness can and must apply to people, families, and communities at scale to produce the conditions for a truly satisfying life.

Gross National Happiness is an innovative development paradigm that puts the interconnected happiness of all people and the well-being of all life forms at the center of progress. Based on real-life experiences, this book shows a multitude of practical methods for strategic thinkers and change makers to apply the framework of Gross National Happiness to bring about positive change in schools, businesses, and communities.

Tho Ha Vinh, PhD, was born in 1951, the son of a Vietnamese father and a French mother. He was the program director of the Gross National Happiness Center (GNH) of the country of Bhutan from 2012 to 2018. Serving as the Head of Training, Learning, and Development at the International Committee of the Red Cross, he trained humanitarian professionals working in war zones and emergency response in Afghanistan, Pakistan, Palestine, and Darfur. He holds a PhD in psychology and education from Geneva University, Switzerland. Thakur S. Powdyel served as Bhutan's first democratically elected government's Minister of Education from 2008 through 2013 and is the recipient of the Global Education Award for Outstanding Contributions to Education.

PARALLAX PRESS
TR: 9781952692314 | \$19.95 | \$25.95
EL: 9781952692321 | \$12.99 | \$22.99
On Sale Date: 09/27/2022

Page Count: 288
Trim Size: 5-½ x 8-½
Carton Count: 12

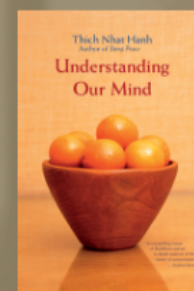
BISAC 1: Business & Economics – Personal Success
BISAC 2: Self-Help – Personal Growth – Happiness
BISAC 3: Education – Leadership



ALSO OF
INTEREST



9781946764201
TR \$16.95 | EL \$12.99



9781888375305
TR \$18.95 | EL \$12.99

Poetic yet practical verses to help us slow down and enjoy each moment of our lives

Beloved Zen Master Thich Nhat Hanh offers 79 meditations to help you through your daily routines in a peaceful and mindful way and connect to the joy of the present moment

Waking up this morning, I smile. Twenty-four brand new hours are before me.

This beautifully illustrated book shares a simple verse with an enlightening commentary that will give you the space and heart to live each day in a connected and calm way. Developed during a summer retreat in Plum Village, Thich Nhat Hanh's meditation center in France, these poetic verses were collected to help people practice mindfulness. The result is a handbook of practical, down-to-earth verses. These gathas, or mindfulness verses, are poetic verse designed to turn ordinary daily activities such as washing the dishes, driving the car, or standing in line, into opportunities to return to a natural state of mindfulness and happiness.

Reciting these poetic yet practical verses can help us to slow down and enjoy each moment of our lives.

PARALLAX PRESS

TR: 9781952692222 | \$17.95 | \$23.95

EL: 9781952692239 | \$12.99 | \$17.99

On Sale Date: 10/11/2022

BISAC 1: Body, Mind & Spirit - Mindfulness & Meditation

BISAC 2: Self-Help - Meditations

BISAC 3: Philosophy - Zen

Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.

Page Count: 120

Trim Size: 5-7/8 x 8

Carton Count: 24



Positive and accessible, this journal makes self-help feel like a natural aspect of self-care

An inspirational, contemplative journal and guide for your own mindfulness practice

A companion to the bestselling *How To* (Mindfulness Essentials) books from Thich Nhat Hanh, this guided journal contains inspiring 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.

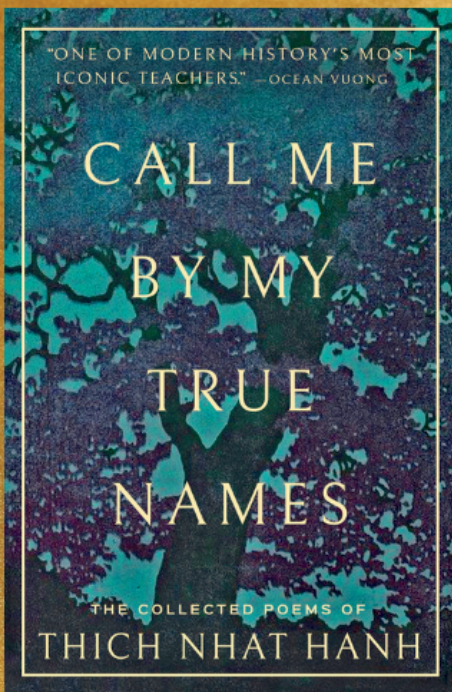
Like the *How To* books, this journal is small enough to fit in your pocket or backpack.

PARALLAX PRESS
NT: 9781952692307 | \$14.95 | \$20.95
On Sale Date: 11/08/2022

Page Count: 176
Trim Size: 5 x 7
Carton Count: 27

BISAC 1: Games & Activities – Guided Journals
BISAC 2: Self-Help – Journaling
BISAC 3: Religion – Buddhism – Zen

Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.



ALSO OF
INTEREST



9781946764805
TR \$12.95 | EL \$6.99



9781946764829
TR \$17.95 | EL \$12.99

Uplifting, insightful, and profound—an exquisite work of poetry

The definitive poetry collection by the world renowned Zen master, peace activist, and author of *The Miracle of Mindfulness*

Though he is best known for his groundbreaking and accessible works on applying mindfulness to everyday life, Thich Nhat Hanh is also a distinguished poet and Nobel Peace Prize nominee. This stunning poetry collection explores these lesser-known facets of Nhat Hanh’s life, revealing not only his path to becoming a Zen meditation teacher but his skill as a poet, his achievements as a peace activist, and his experiences as a young refugee.

Through more than fifty poems spanning several decades, Nhat Hanh reveals the stories of his past—from his childhood in war-torn Vietnam to the beginnings of his own spiritual journey—and shares his ideas on how we can come together to create a more peaceful, compassionate world. Uplifting, insightful, and profound, *Call Me By My True Names* is at once an exquisite work of poetry and a portrait of one of the world’s greatest Zen masters and peacemakers.

PARALLAX PRESS

TR: 9781952692260 | \$17.95 | \$23.95

EL: 9781935209478 | \$12.99 | \$33.95

On Sale Date: 11/08/2022

BISAC 1: Poetry – Subjects & Themes – Inspirational & Religious

BISAC 2: Poetry – Asian – General

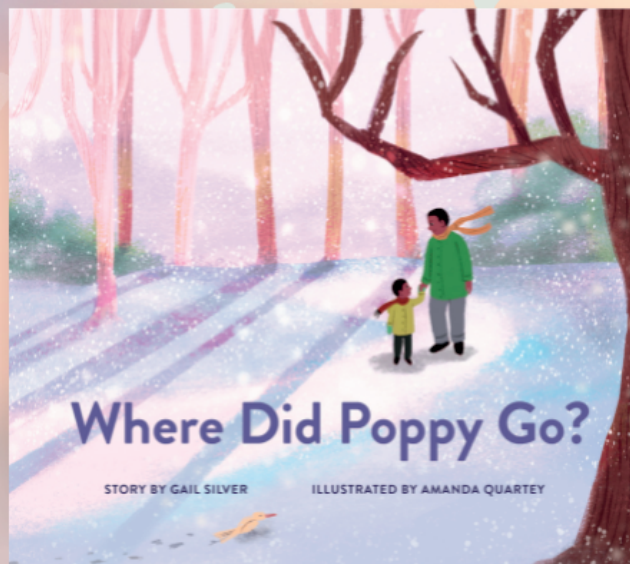
BISAC 3: Philosophy – Buddhist

Page Count: 240

Trim Size: 5 x 8

Carton Count: 24

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ALSO OF
INTEREST



9781935209874
HC \$16.95 | EL \$6.99

**Join a father and son
through the seasons as they
follow the cycle of life, and
all of the beauty and
sadness that comes with it**

After a grandfather dies, a father and son journey forward through seasons and time, discovering how our loved ones remain with us even after they pass on.

From beloved author Gail Silver of the *Anh's Anger* series comes a touching story of a father comforting his son after a grandfather dies. The lovely rhyme and poetry offers a heartfelt way to discuss loss and grief with a child. We see, along with the little boy of the story, how our loved ones are with us forever, in everything we do.

Beautiful, textured pastels carry the reader through the seasons as the father describes the cycle of life, and all of the beauty and sadness that comes with it.

PLUM BLOSSOM

HC: 9781952692246 | \$18.95 | \$24.95

On Sale Date: 11/01/2022

BISAC 1: Juvenile Fiction – Social Themes – Death, Grief, Bereavement

BISAC 2: Juvenile Fiction – Social Themes – Emotions & Feelings

BISAC 3: Juvenile Fiction – Poetry (See Also Stories In Verse)

Page Count:32

Trim Size: 9-½ x 8-½

Carton Count:12

Age: 5-9 years

Grade: Grades K-4

Gail Silver, J.D. E-RYT, RCYT, is an award winning author, educator and entrepreneur whose recent picture books include *Thunder's Just the Clouds Talking to The Earth* (Magination 2022), *Mindful Bea and The Worry Tree* (Magination), and the acclaimed *Anh's Anger* trilogy (Parallax). Lauded "A Winning Series" by Publishers Weekly, the *Anh's Anger* books have garnered a Skipping Stones Literary Award for Multicultural Awareness, a Bill Martin, Jr. Picture Book Award nomination, a bevy of foreign rights sales and a second home in SEL curricula across the globe. She is the founder, CEO and curriculum developer of Yoga Child, Inc. and The School Mindfulness Project, Inc., organizations providing sustainable mind body education to underserved Philadelphia area school communities. Prior to becoming an author/educator, Gail was an attorney, specializing in children's advocacy law. She lives in Philadelphia with her family.

Amanda Quartey was born and bred in London. She has always loved to draw and has been doing so ever since she can remember.



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A print subscription to *The Mindfulness Bell* magazine includes two print issues per year.

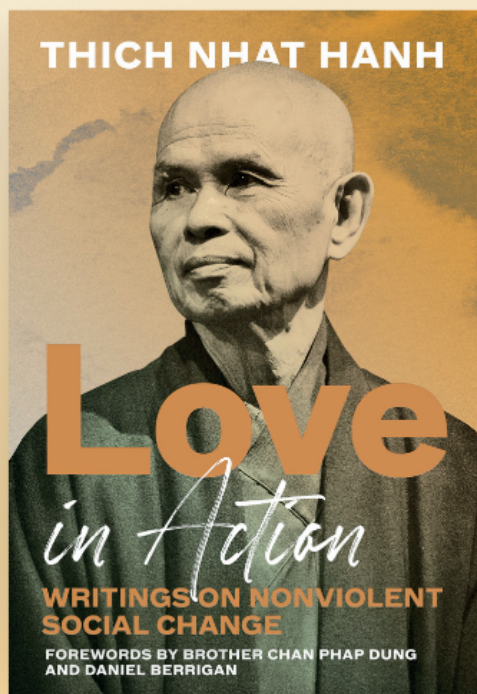
Please note: with Thich Nhat Hanh's passing, the 2022 print issues have been delayed. Issue 89 will be released in August and issue 90 will be released in December.

A digital subscription includes unlimited access to current articles—and some exclusive digital content—released throughout each week, over thirty years of articles in our Dharma archive, as well as PDFs of all back issues.

THE MINDFULNESS BELL, SINGLE ISSUE, FALL 2022:
US ISSN Print: 27696499 | \$17.95
US ISSN PDF: 27696502 | \$12
On Sale Date: December 2022

BISAC 1: SEL016000: Self-Help – Personal Growth – Happiness
BISAC 2: Body, Mind & Spirit – Mindfulness & Meditation
BISAC 3: Religion – Buddhism – Zen

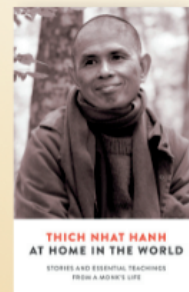
Page Count: 64
Trim Size: 7.5 x 11



ALSO OF
INTEREST



9781946764683
HC \$17.95 | EL \$12.99



9781941529423
TR \$14.95 | EL \$12.99

“LOVE ENABLES US.”
Thich Nhat Hanh

Twenty-one key essays and poetic writings on nonviolence and reconciliation by Vietnamese peace activist Zen master Thich Nhat Hanh

“The essence of nonviolence is love,” Thich Nhat Hanh says. “Out of love and the willingness to act selflessly, strategies, tactics, and techniques for a nonviolent struggle arise naturally.” Collecting writings from sixty years of Thich Nhat Hanh’s thinking on social transformation, *Love in Action* is an important resource for anyone engaged in social work, community organizing, political action, and cause-oriented movements.

Reflecting on the devastation of war and showing the connections between outer engagement and the inner work for peace, Thich Nhat Hanh makes the strong argument that ethics and altruistic love based on mindfulness and insight are the only truly sustainable bases for political action. Having played a central role in the Buddhist nonviolent movement for peace in Vietnam during the 1960s and serving as Chair of the Buddhist Peace delegation to the Paris Peace Accords in 1973, Thich Nhat Hanh speaks with the voice of experience: “There is no way to peace. Peace is the way.”

This anthology also features poetry and the script of the hauntingly beautiful 1972 play, *The Path of Return Continues the Journey*.

Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.

PARALLAX PRESS
TR: 9781952692079 | \$17.95 | \$23.95
EL: 9781935209232 | \$9.99 | \$13.50
EL: 9781952692024 | \$11.99 | \$17.50
On Sale Date: 01/17/2023

Page Count: 192
Trim Size: 5-¼ x 8
Carton Count: 24

BISAC 1: Body, Mind & Spirit - Mindfulness & Meditation
BISAC 2: Political Science - Peace
BISAC 3: Social Science - Violence In Society



Chanting from the Heart: Buddhist Sutras and Recitations contains sutras from both the Theravada and Mahayana traditions, translated by Thich Nhat Hanh from both the Pali and Chinese canons. In *Chanting from the Heart*, he included the sutras he felt to be the most essential for study and regular recitation by his lay and monastic disciples. The recitations are verses for contemplation and reading aloud, some written by Thich Nhat Hanh, others handed down through his Vietnamese Zen tradition. These sutras and recitations are read, recited, and chanted regularly during daily meditation sessions in Thich Nhat Hanh's Plum Village monasteries and practice centers worldwide.

PARALLAX PRESS
TR: 9781952692376 | \$17.95 | \$23.95
EL: 9781952692383 | \$12.99 | \$17.99
On Sale Date: 05/02/2023

Page Count: 180
Trim Size: 6 x 9
Carton Count: 24

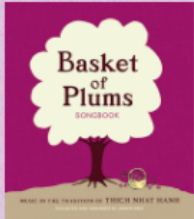
BISAC 1: Religion - Buddhism - Rituals & Practice
BISAC 2: Religion - Reference
BISAC 3: Music - Printed Music - Vocal

The first volume of the revised edition of *Chanting from the Heart*, by Zen Master Thich Nhat Hanh and the monks and nuns of Plum Village

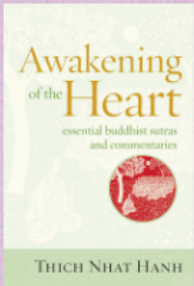
Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.



ALSO OF INTEREST



9781937006549
TR \$16.95 | EL \$12.99



9781937006112
TR \$39.95 | EL \$16.99

An indispensable reference for anyone looking to develop and cultivate a home practice in the Plum Village tradition

THIS IS A PLACEHOLDER COVER.

The second volume of the revised edition of Chanting from the Heart, by Zen Master Thich Nhat Hanh and the monks and nuns of Plum Village

Chanting from the Heart: Ceremonies and Practices in the Plum Village Tradition is a collection of Buddhist ceremonies for all occasions and daily practices for meditation sessions as well as practices to accompany daily activities, such as gardening and cleaning, bringing mindfulness into everyday life. Developed by Thich Nhat Hanh and used regularly by the monks, nuns, and laypeople at the monasteries and retreat centers established by Thich Nhat Hanh, as well as by his thousands of lay students worldwide. The ceremonies section has been updated to contain only the texts necessary for the occasion at hand. This is the first major textual edits made to the material since 2013. There is also a glossary of Buddhist terms.

PARALLAX PRESS

TR: 9781952692390 | \$17.95 | \$23.95

EL: 9781952692406 | \$12.99 | \$17.99

On Sale Date: 05/02/2023

Page Count: 180

Trim Size: 6 x 9

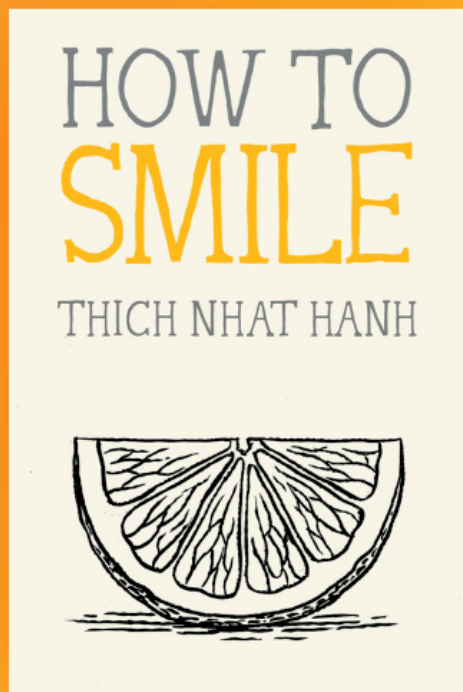
Carton Count: 24

BISAC 1: Religion – Buddhism – Rituals & Practice

BISAC 2: Religion – Reference

BISAC 3: Music – Printed Music – Vocal

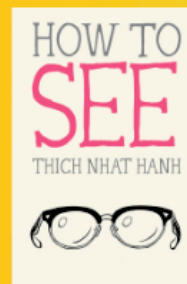
Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.



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TEACHINGS ON THE ART OF
SUFFERING BY THE MONK WHO
TAUGHT THE WORLD MINDFULNESS



The final book in the bestselling How To series: simple, refreshing meditations of Zen Master Thich Nhat Hanh give us inspiration and tools for transforming our suffering and cultivating happiness

In inspiring passages and simple exercises, Zen Master Thich Nhat Hanh teaches us what he calls “the art of suffering.” He gives us teachings and tools for transforming suffering as well as ways to touch moments of happiness and smile even while suffering is still there.

Written with characteristic simplicity and wisdom, these insightful meditations—born from the Zen master’s lifetime of Zen practice and peacemaking—teach us how to come back to ourselves, calm our body and mind, and not let suffering overwhelm us. When we’re willing to face our suffering and look deeply into it, we begin to understand its origins. Transformation and healing become possible, and along with it a greater capacity to understand the suffering of others and resolve conflicts in our relationships. Creating peace and understanding in ourselves and our relationships in this way is essential for helping create true understanding and peace in our communities, society, and the world. Thich Nhat Hanh offers practices for transforming our own suffering, listening deeply to the suffering of others, and especially how to cultivate our own smile and happiness.

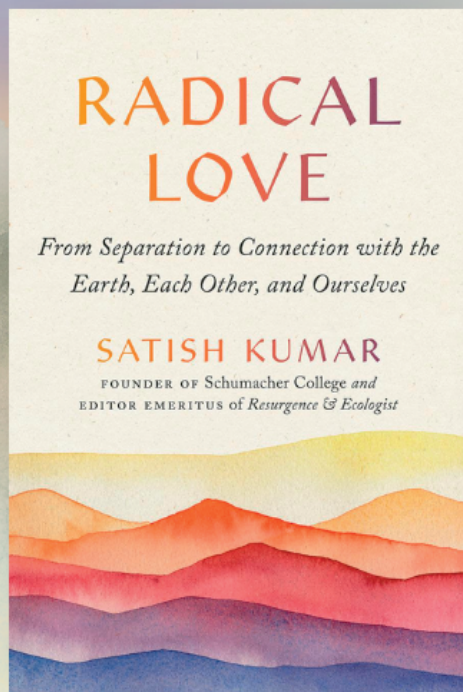
All *Mindfulness Essentials* books are illustrated with playful sumi-ink drawings by California artist Jason DeAntonis.

Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.

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Carton Count: 24

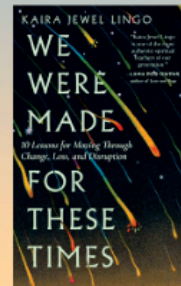
BISAC 1: Self-Help – Personal Growth – Happiness
BISAC 2: Body, Mind & Spirit – Mindfulness & Meditation
BISAC 3: Philosophy – Zen



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To see peace in
our lifetimes, we
have to study love.

This is the radical message of this inspirational book of pithy grandfatherly advice, which helps us find ways to love ourselves, others, and all beings—even those we may find unlovable.

Radical Love draws on the author's lifetime of experience as a lover, husband, parent, activist, and educator. It is an exploration of love in all its forms, from romantic love to love for one's family and community to love for the planet and all beings. Like an unfolding *metta* meditation, the book expands our notions of love to its most sublime universal state and makes a great gift to share with those we love.

Author and activist Satish Kumar is well known for his epic 1960s walk for world peace from India to Moscow, Paris, London, and Washington, DC. Wherever he traveled, he found that human beings were capable of great love, which could overcome hatred and division. Settling down in the UK, he married and raised two children while founding and running eco-university Schumacher College in Devon, becoming a leading figure in the UK green movement. This book distills the essence of Kumar's understanding of the love we need for the times we live in now.

PARALLAX PRESS
TR: 9781952692352 | \$15.95 | \$21.95
EL: 9781952692369 | \$12.99 | \$17.99
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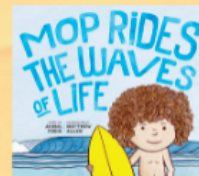
BISAC 1: Body, Mind & Spirit - Mindfulness & Meditation
BISAC 2: Nature - Environmental Conservation & Protection
BISAC 3: Poetry - Subjects & Themes - Nature

Satish Kumar, long-time peace and environment activist and former Jain monk, has been quietly setting the global agenda of change for over 50 years. He settled in the United Kingdom after an 8,000-mile peace pilgrimage and took the editorial helm of *Resurgence* magazine in 1973, a post he held until 2016. Over the decades, he has been the guiding spirit behind a number of internationally respected ecological and educational ventures including founding Devon's Schumacher College; authoring several books, including *Elegant Simplicity*; and presenting the BBC documentary *Earth Pilgrim*. Satish was awarded an honorary doctorate in education from the University of Plymouth, an honorary doctorate in literature from the University of Lancaster, and the Jambhaji Bajaj International Award for Promoting Gandhian Values Abroad. He appears regularly in the media, is on the Advisory Board of Our Future Planet, and continues to teach and run workshops as a sought-after speaker in the UK and abroad. He lives in Devon, UK.



THIS IS A PLACEHOLDER COVER.

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INTEREST



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**SURFER MOP IS BACK,
THIS TIME WITH A CASE
OF THE JITTERS THAT
HIS DAD AND FRIENDS
HELP HIM TACKLE!**

The third in the Mop Rides series! Surfer Mop is back, this time with a case of the jitters that his dad and friends help him tackle.

Mop, his friends, and his dad are back, except this time, Mop is dealing with a case of the jitters. He's nervous to talk in class, and waves that he would usually have no problem riding are feeling too big. Luckily, Mop's dad shows him how to work with his fear. He takes a step back, feels his feelings in his body, and lets the fear pass through without judging it—it's not bad, just different! Before too long, he's back out on his board, and presenting in class again.

Celebrated San Francisco surfer-journalist-dad Jaimal Yogis teaches 4-8 year-olds timeless beach wisdom with the continuing story of Mop, a sensitive and fun-loving kid who just wants to be in the ocean.

With stylish full-color beachy illustrations from cover to cover by SoCal surfer Matt Allen.

Jaimal Yogis is the author of numerous books including *Mop Rides the Waves of Life*, *Saltwater Buddha*, and *All Our Waves Are Water*, which was named a "Best Beach Read of 2017" by the BBC. His work has been featured in the pages of *O*, the *Oprah Magazine*, *Outside*, *Forbes*, *The Atlantic*, *ESPN Magazine*, and many others. He lives and surfs in San Francisco with his wife, Amy DuRoss, and their three sons.

Matthew Allen is a surfer and artist from Southern California. A former *Surfer Magazine* art director, Matthew now spends his days creating art based on his favorite muses, the mercurial sea, and the amalgam of people and vessels that operate in and around it.

PLUM BLOSSOM

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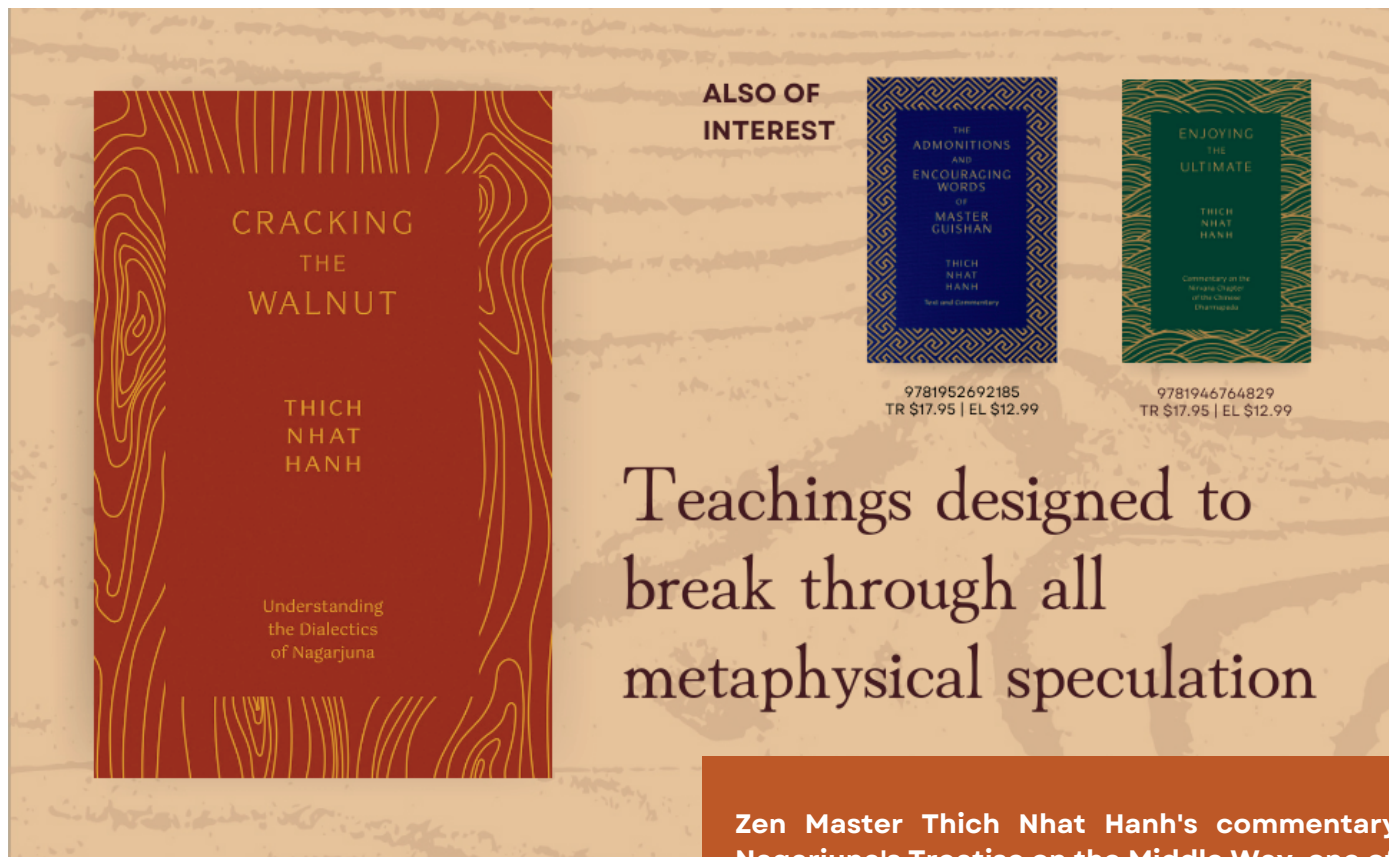
Page Count: 40

Trim Size: 9-½ x 8-½

Carton Count: 12

Age: 5-8 years

Grade: Kindergarten-3



Teachings designed to
break through all
metaphysical speculation

Zen Master Thich Nhat Hanh's commentary on Nagarjuna's *Treatise on the Middle Way*, one of the most famous Buddhist texts in existence

To a greater or lesser extent, we all have notions and ideas about life. Sometimes our ideas can contribute to the advancement of humanity, but the problem comes when we are caught in our ideas and believe them to be the absolute truth. When people believe that something is the absolute truth, they may be ready to fight, kill, or die for it. This brings about polarization, deep division, and suffering in ourselves, our society, community, and family. This is not the way ahead for humanity. This book helps us let go of our ideas and go in the direction of understanding and compassion.

Nagarjuna is a giant in the Buddhist canon, thought to be the greatest Buddhist philosopher after the Buddha. He lived in southern India in the 2nd century CE. *Cracking the Walnut* contains the text of Nagarjuna's *Treatise on the Middle Way* (Mulamadhyamakakarika), defending the essential premise that all things have the nature of emptiness, they have no self-nature, but are in a constant process of change and interrelationship with one another. Weaving Nagarjuna's text with commentary by Thich Nhat Hanh, taken from talks given at two 3-month-long retreats, helps us bring these teachings into our daily life. They are strong teachings, designed to break through all metaphysical speculation.

Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.

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Carton Count: 24

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ACKNOWLEDGMENTS & ORDERING INFORMATION

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Parallax Press receives dozens of personal handwritten letters each week from individuals suffering incarceration asking for books on mindfulness and meditation, and our volunteer, Ron, responds one letter at a time, sending out more than 1,500 copies of books each year. Parallax Press has donated more than 20,000 books since 1995.

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