

CATALOG 2019



PARALLAX PRESS



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2019 International Rights Guide

PARALLAX PRESS

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THICH NHAT HANH

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Welcome

GREETINGS FROM PLUM VILLAGE, the monastery established 37 years ago in France by Zen Master Thich Nhat Hanh and Sister Chan Khong for students from around the globe to practice mindfulness in daily life. This year at Parallax Press, we've all been going deeper into the practice ourselves, renewing our ability to see our world with fresh eyes.

It's our joy to introduce *True Virtue*, the long-awaited autobiography of Sister Annabel Laity, Thich Nhat Hanh's first Western monastic disciple. Thich Nhat Hanh's own memoir, *At Home in the World*, is now in paperback, and the newest addition to his best-selling Mindfulness Essentials series, *How to Connect*, transforms loneliness, social isolation, and separation from nature into a greater sense of belonging. *True Peace Work* gathers essays on Engaged Buddhism by Plum Village teachers together with activists from many Dharma traditions. Mindful business leader Kai Romhardt (*We Are the Economy*) and nonviolence trainer Kazu Haga (*Healing Resistance*) offer their books as powerful catalysts for individual and institutional transformation. Without self-compassion, such efforts can lead to burnout, and Bodhipaksa shows us ways to befriend ourselves in *This Difficult Thing of Being Human*. Pablo d'Ors transports us on a journey into silence in his novel *The Friend of the Desert*. Children's books *Peace, Love, Action!* by artist Tanya Zabinski; *The Lion in Me* by *Puppy Mind* author Andrew Nance; and *Mop and the Waves of Life* by surfer Jaimal Yogis honor the resilience and creativity of our young readers. Finally, a new *Breathe Journal* invites us to breathe and enjoy the most wonderful gift we have: the present moment.

Whether you're a contemplative meditator, a change-maker, a busy parent or child, a mindfulness practitioner—or indeed all of these things—may our books nourish you and open doors to new aspects of the art and practice of mindful living. *You are, therefore we are.* Thank you for supporting Parallax Press.



HISAE MATSUDA, PUBLISHER

25% off
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CODE: CATALOG19
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THICH NHAT HANH
AT HOME IN THE WORLD

STORIES AND ESSENTIAL TEACHINGS
FROM A MONK'S LIFE

now in
paperback

At Home in the World

Stories and Essential
Teachings from a
Monk's Life

THICH NHAT HANH

These collected stories are the most comprehensive personal memoirs to date of international peace activist and Zen Master Thich Nhat Hanh.

Vivid moments of humanity mix with fierce hardships as Thich Nhat Hanh emerges as a young monk and writer in war-torn Vietnam. Soon he is teaching abroad and meeting with Western leaders—until suddenly he is forced

into thirty-nine long years of political exile. With the help of a small group of dedicated practitioners, he establishes the Plum Village community in southwest France, which has grown to become the largest Buddhist monastery in Europe. These chronicles provide an intimate view into Thich Nhat Hanh's remarkably gentle, determined, and varied experience of life. In doing so, they reveal some of his most profound and valuable teachings.

“The first property we purchased for Plum Village was an old farm with about fifty-two acres of cultivated land and forty-eight acres of forest, as well as a number of stone buildings: a large barn, stables, and storehouses. We planted 1,250 plum trees.”

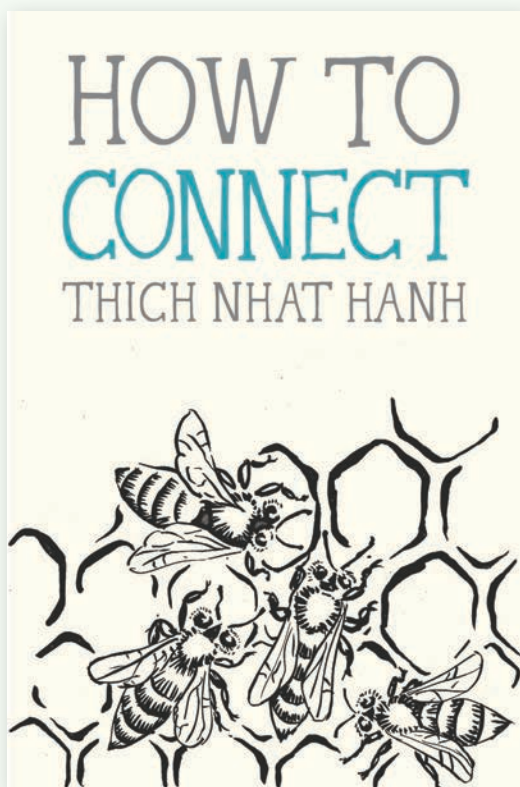
AVAILABLE SEPTEMBER 2019

\$14.95 | EBOOK \$12.99 | 192 PP | 7 X 9 | PBK | 978-1-946764-39-3

How to Connect

THICH NHAT HANH

These simple, refreshing meditations of Zen Master Thich Nhat Hanh give us ways to restore our inherent connection to ourselves, each other, our ancestors, and nature. With our world experiencing the deep effects of loneliness, environmental detachment, and digital overload, this eighth pocket-sized How-To book reminds us of our crucial need to connect. Written with characteristic warmth and insight, these meditations teach us how to remember our fundamental gift of belonging. With sumi ink drawings by California artist Jason DeAntonis.



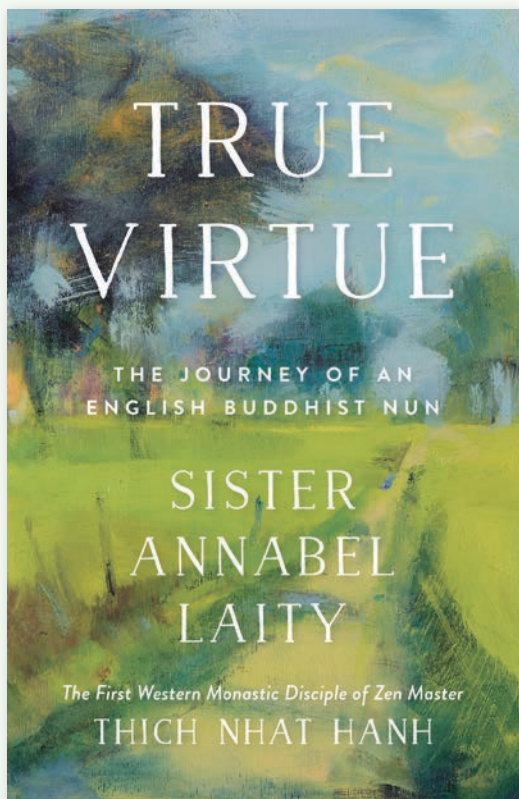
THICH NHAT HANH is one of the most revered Zen teachers in the world today. In 1967, Dr. Martin Luther King Jr. nominated him for the Nobel Peace Prize. His many books include *Being Peace* and *No Mud, No Lotus*.

JASON DEANTONIS is an award-winning artist, sculptor, and book illustrator. He lives in Berkeley, California.

AVAILABLE JUNE 2020

\$9.95 | EBOOK \$6.99 | 128 PP | 4 X 6 | PBK | 978-1-946764-54-6

25% off your catalog purchase on parallax.org CODE: CATALOG19



True Virtue

The Journey of an English Buddhist Nun

SISTER ANNABEL LAITY

In this captivating autobiography, Sister Annabel Laity shares the trials and joys of her lifelong search for spiritual community—from childhood on her family's farm in Cornwall to eventually meeting Thich Nhat Hanh and finding her spiritual home in his Plum Village community. In 1988 she became the first Westerner to receive monastic ordination in Thich Nhat Hanh's Vietnamese Zen lineage. Thirty years later, Sister Annabel is a much-loved senior Dharma teacher in the Plum Village community. *True Virtue* is a timeless testament

to the importance of spiritual exploration and offers a unique perspective on the development of Thich Nhat Hanh's practice community.



SISTER ANNABEL LAITY (TRUE VIRTUE) was born in England and studied Classics and Sanskrit before going to India to study and practice with Tibetan nuns. She has been a disciple of Thich Nhat Hanh since 1986. Ordained by him in 1988 in India, she was given the name True Virtue. Sister Annabel was director of practice at Plum Village for many years. She has traveled widely, leading meditation retreats and inspiring many throughout the world with her unique teaching style. She is currently head of practice at the European Institute of Applied Buddhism in Germany.

AVAILABLE AUGUST 2019

\$18.95 | EBOOK \$12.99 | 360 PP | 5 3/16 X 8 | PBK | 978-1-946764-27-0

“There are still so few full autobiographies of Buddhist women, and this one is a treasure.”

—REV. ZENSHIN FLORENCE CAPLOW

COEDITOR OF *THE HIDDEN LAMP: STORIES FROM
TWENTY-FIVE CENTURIES OF AWAKENED WOMEN*



“We are in dire need of more stories from accomplished female practitioners, showing us how they’ve managed to navigate the path. There’s much we can learn on these pages about the joy of living mindfully.”

—ANDREA MILLER

EDITOR OF *BUDDHA’S DAUGHTERS: TEACHINGS FROM
WOMEN WHO ARE SHAPING BUDDHISM IN THE WEST*



climate awareness, to simply learning how to walk (and enjoy it). *True Peace Work* rests on a spiritual bedrock that is as timeless as it is timely: the connection between peace in oneself and peace in the world.

Originally published in 1996 as *Engaged Buddhist Reader*, this revised edition has been expanded with a new introduction and additional contributors.

AVAILABLE OCTOBER 2019

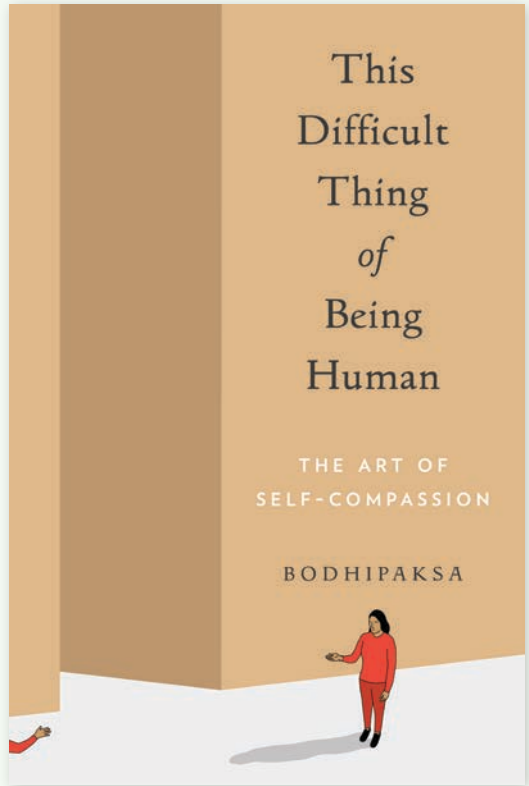
\$19.95 | EBOOK \$12.99 | 400 PP | 5 3/16 X 8 | PBK | 978-1-946764-45-4

This Difficult Thing of Being Human

The Art of Self-Compassion

BODHIPAKSA

We all long for someone to offer us unconditional love and support. But what if that person is us? The practice of mindful self-compassion creates the space we need so that observation, acceptance, and real love can enter, no matter how judgmental or disconnected we may feel. Bodhipaksa provides both the why and the how of mindful self-compassion, drawing on contemporary psychology and neuroscience and also on Buddhist psychology, weaving the modern and ancient together into a coherent whole.



“This book is a wise guide to five key skills that bring mindful self-compassion to our own suffering and allow us to move through the world with our hearts wide open.”

—TARA BRACH, AUTHOR OF **RADICAL ACCEPTANCE**



BODHIPAKSA was born in Scotland and currently lives and teaches in New Hampshire. He runs the online meditation center Wildmind (wildmind.org) to promote awareness of the positive effects of meditation, and has a particular interest in teaching meditation in prisons.

AVAILABLE NOVEMBER 2019

\$16.95 | EBOOK \$12.99 | 224 PP | 5 ¼ X 8 | PBK | 978-1-946764-51-5

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We Are the Economy

The Buddhist Way of Work, Consumption, and Money



Kai Romhardt, PhD

We Are the Economy

The Buddhist Way of Work, Consumption, and Money

DR. KAI ROMHARDT, PhD

TRANSLATED BY
CHRISTINE WELTER

Is real, lasting satisfaction possible within our current financial system? If you're skeptical, German business analyst and Zen practitioner Kai Romhardt proposes a refreshingly minimalist and awareness-based strategy that totally reconfigures our core economic relationships: work, consumption,

and money. Too often we think of the economy as something outside of us, as beyond the scope of our individual choices. Romhardt argues that individuals who wield a clear mindset can, in fact, create change through personal decisions: when we can see into society, and into our constructs, we become empowered to choose deeply real and purposeful lives.



KAI ROMHARDT first studied management and organization at the University of St. Gallen and was on the fast track as a consultant at McKinsey. But when he suffered a “crisis of meaning,” old certainties collapsed and something inside him woke up at a Buddhist monastery in France. Since 2001, the question of what mindfulness and Buddhist practice have to offer our economy has become Kai’s central focus. He lives in Berlin, Germany.

AVAILABLE JULY 2020

\$16.95 | EBOOK \$12.99 | 256 PP | 5 ½ X 8 ¼ | PBK | 978-1-946764-58-4

Healing Resistance

A Radically Different Response to Harm

KAZU HAGA

FOREWORD BY

**DR. BERNARD
LAFAYETTE JR. AND
DAVID JEHNSEN**

“Kazu Haga’s deep commitment to non-violence has challenged and inspired me.”

**—MICHELLE ALEXANDER,
AUTHOR OF THE NEW
JIM CROW**

“We need this book like oxygen. Kazu is my teacher.”

—JOANNA MACY, AUTHOR OF WORLD AS LOVER, WORLD AS SELF

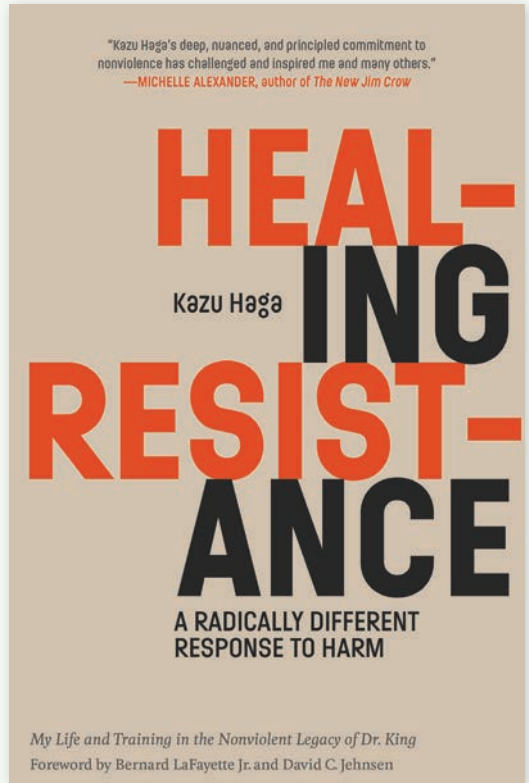
Peaceworkers, restorative justice practitioners, and anybody engaged in social change will find this mindful approach to conflict transformation indispensable. Nonviolent action is considered one of the most effective forms of social change, but awareness of its restorative power has been lost. In *Healing Resistance*, leading Kingian Nonviolence trainer Kazu Haga reclaims the energy and assertiveness of nonviolence and lays out a principled approach which transforms not only unjust systems, but all broken relationships.

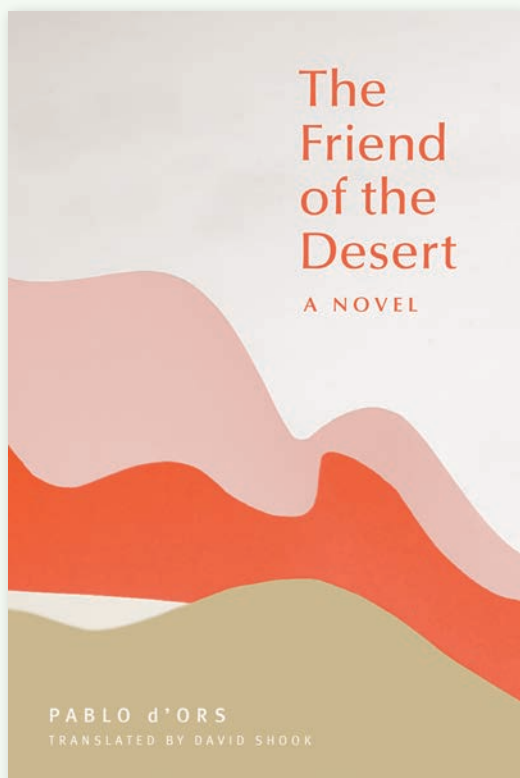


KAZU HAGA is one of the most experienced trainers in the United States in Kingian Nonviolence, a philosophy arising from the legacy of Dr. Martin Luther King Jr. He is the founder of the East Point Peace Academy, and he lives in Oakland, California.

AVAILABLE JANUARY 2020

\$15.95 | EBOOK \$12.99 | 296 PP | 5 3/4 X 8 | PBK | 978-1-946764-43-0





The Friend of the Desert

A Novel

PABLO D'ORS

TRANSLATED BY
DAVID SHOOK

“A sublime performance.”

—JONATHAN LETHEM

“Thanks to the back cover of a book, I knew that there lived in Brno a man who had dedicated a good portion of his life to traveling through many of the world’s deserts.” So begins Pavel’s story. On his repeated trips to the Sahara, first as part of an enigmatic organization called Friends of the Desert and

later on his own, Pavel explores the drifting sands and, ultimately, something approaching infinity. Existential and curiously hypnotic, Pablo d’Ors evokes the sharp stylized prose of Bolaño, Bernhard, and DeLillo in this strange tale of one man’s repeated forays into the desert, and the ultimate silence it contains.



PABLO D'ORS is a Spanish priest and writer. D’Ors debuted as a writer in 2000 and his essay *Biografía del silencio* was a publishing phenomenon in Spain, selling 130,000 copies in just a few years. D’Ors has published almost a dozen fiction and nonfiction titles, which have been translated into many languages. This is the first time one of his novels has appeared in English.



DAVID SHOOK is a poet and translator in California. He has translated over fifteen books from Spanish and Isthmus Zapotec into English.

AVAILABLE OCTOBER 2019

\$13.95 | EBOOK \$11.99 | 136 PP | 5 X 7 ½ | PBK | 978-1-946764-49-2

Breathe

A Thich Nhat Hanh
Meditation Journal

THICH NHAT HANH

Minimalist and meditative. This clean and simple writing companion features the insights and authentic cover calligraphy of Zen Master Thich Nhat Hanh.

A refined notebook with a Zen aesthetic, this contemplative journal presents selected excerpts and quotes from Zen Master Thich Nhat Hanh's best-loved meditations, prayers, and poems to inspire you on your writing journey. Designed with crush-proof rounded corners, thick and flexible cover stock, and plenty of room for your journaling and observations, whether you're on a meditation retreat or at your kitchen table.



THICH NHAT HANH is one of the most loved and revered Zen teachers in the world today. His best-selling books include *Being Peace* and *Be Free Where You Are*. Thich Nhat Hanh has been teaching the art of mindful living for more than 70 years.

AVAILABLE FEBRUARY 2020

\$17.95 | 128 PP | 5 ½ X 8 ½ | SOFTCOVER | 978-1-946764-53-9

25% off your catalog purchase on parallax.org CODE: CATALOG19



Peace, Love, Action!

Everyday Acts
of Goodness from A to Z

TANYA ZABINSKI

FOREWORD BY

ANI DiFRANCO

An invitation to young readers to roll up their sleeves, get inspired, and take action to build a sustainable, just, and loving world.

Peace, Love, Action! is an illustrated, illuminated A-Z of everyday actions that directly make a difference. Original artworks bring each action to life:

“make friends,” “go local,” “cooperate,” “forgive”—seemingly small deeds can really add up! Each action comes with an inspirational mini-bio of a real hero who exemplifies that action, from Thich Nhat Hanh (“breathe”) to Wangari Maathai (“plant”), followed by a set of “What You Can Do” prompts. With a foreword by singer-songwriter and activist legend, Ani DiFranco.



TANYA ZABINSKI views life as the ultimate artwork and aspires to live an artful, heartfelt, and mindful life. She is a recipient of the Society of Children’s Book Writers and Illustrators Tomie dePaola Award. A true community artist, Tanya, with her husband Joe DiPasquale, cofounded the Elmwood Avenue Festival of the Arts in Buffalo, New York.

AVAILABLE AUGUST 2019

\$19.95 | EBOOK \$12.99 | 120 PP | 6 ¼ X 8 ¾ | HARDCOVER | 978-1-946764-47-8

“Peace, Love, Action! Perfectly embodies one of the key messages that I am always trying to get across to children around the world—that every day we live on this planet, we make some impact—and we have a choice as to what sort of difference we make.”

—DR. JANE GOODALL



SISTER HELEN PREJEAN (1939-)

I IS FOR ILLUMINATE

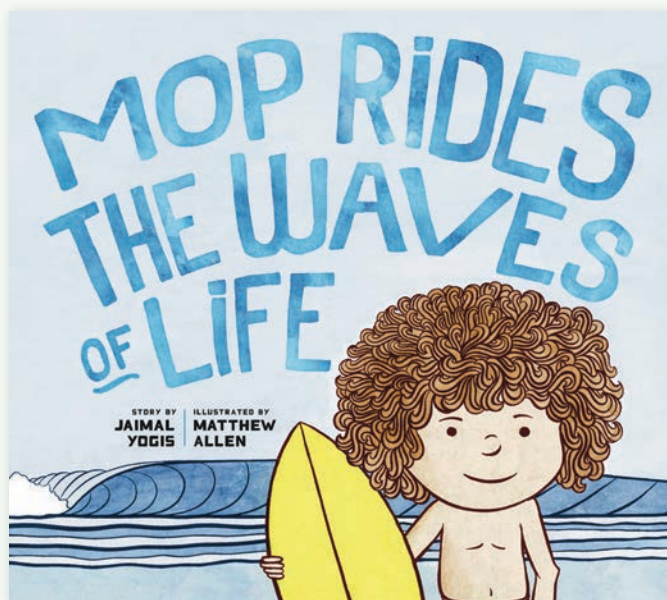
SISTER HELEN PREJEAN is one of the foremost leaders working to abolish the death penalty, both in the United States and around the world. In thirty-two states in the US, if a person is convicted of murder he or she can be punished with death. After working within the prison system, Sister Helen came to see that the death penalty is unworkable. She observed that it creates more suffering, and she saw that the death penalty system is inevitably flawed, leading to the execution of innocent people.

In 1981, Sister Helen dedicated her life to the poor people of New Orleans and began her prison ministry. She was asked to correspond with a convicted killer, sentenced to die in the electric chair. She agreed, and became his spiritual adviser. Upon his request, she visited repeatedly. During this time, Sister Helen's eyes were opened to the execution process. She wrote the book *Dead Man Walking: An Eyewitness*

« 44 »



illuminate



Mop Rides the Waves of Life

JAIMAL YOGIS ILLUSTRATED BY **MATTHEW ALLEN**

If only life could be like surfing! Having wild hair and being embarrassed in school is hard, but when little surfer Mop studies the lessons of the waves—breathing, letting the bad waves go by, and riding the good ones—he learns how to bring the mindfulness and joy of surfing into his whole life.

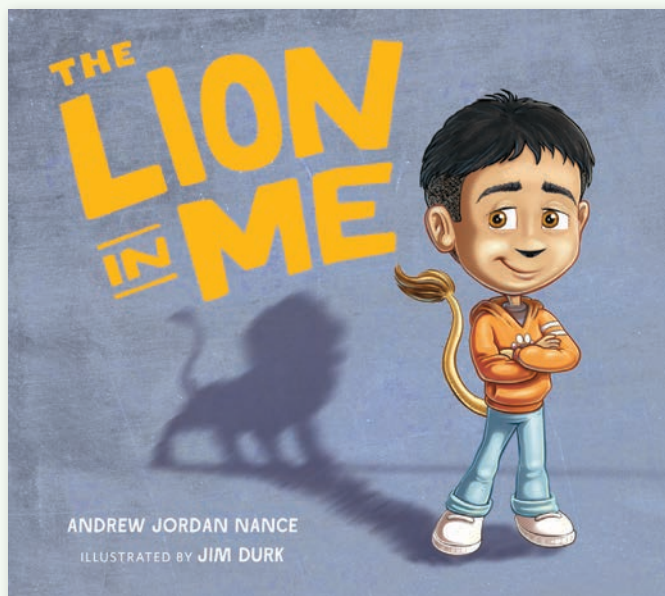


JAIMAL YOGIS is the author of numerous books including *Saltwater Buddha* and *All Our Waves Are Water*, which was named a “Best Beach Read of 2017” by the BBC. His work has been featured in the pages of *O, the Oprah Magazine*, *Outside*, *Forbes*, *The Atlantic*, *ESPN Magazine*, and many others. He lives and surfs in San Francisco with his wife and their four 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. Matthew lives in Costa Mesa, California.

AVAILABLE JUNE 2020

\$16.95 | EBOOK \$6.99 | 40 PP | 9 ½ X 8 ½ | HARDCOVER | 978-1-946764-60-7



The Lion in Me

ANDREW JORDAN NANCE ILLUSTRATED BY **JIM DURK**

In the latest picture book from educator Andrew Nance, author of the bestselling *Puppy Mind*, a young boy learns to calm his ferocious anger. Using deep breaths, the lion inside—his growling anger—can be tamed. Written in a rhyming style that is fun for the whole family, this is the perfect book to introduce children to basic mindfulness practices that help them handle emotions.



ANDREW JORDAN NANCE has been an educator since 1991. He is the founder of Mindful Arts San Francisco, whose mission is to provide volunteer mindful educators to teach at underserved San Francisco schools. His previous books include *Puppy Mind* and *Mindful Arts in the Classroom*. He lives in San Francisco.

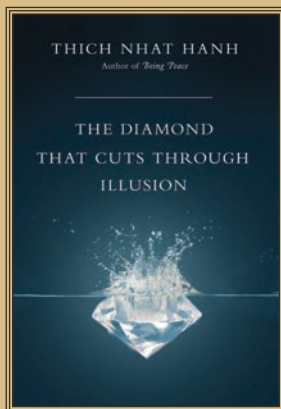
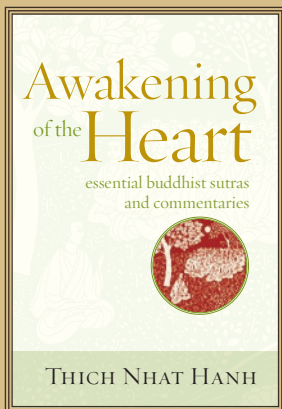
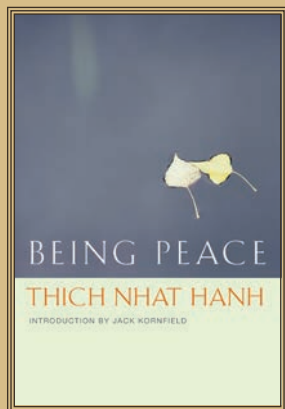
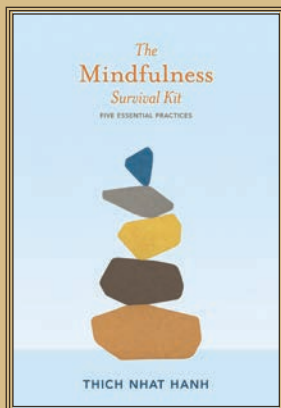
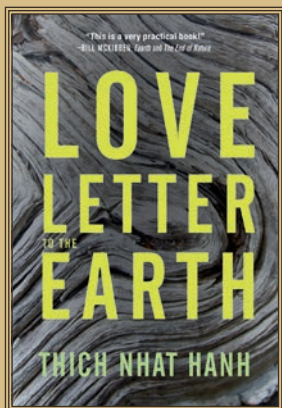
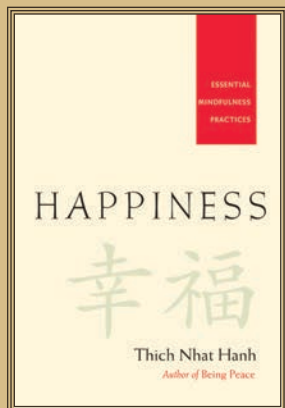
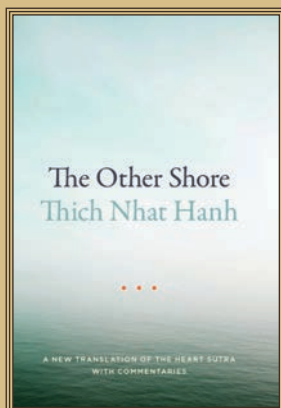
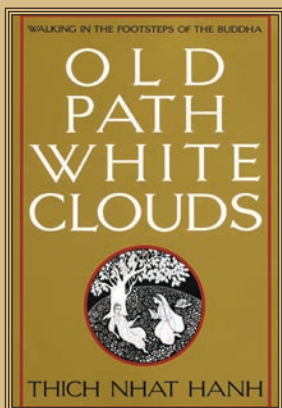
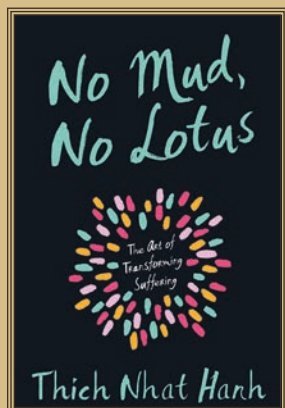
JIM DURK has over thirty years of experience illustrating children's books. He has drawn iconic characters including Clifford the Big Red Dog, Thomas the Tank Engine, the Rugrats, the Wild Thornberrys, and many more. He lives in Bay Village, Ohio.

AVAILABLE SEPTEMBER 2019

\$16.95 | EBOOK \$6.99 | 32 PP | 9 ½ X 8 ½ | HARDCOVER | 978-1-946764-41-6

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PUBLISHING THE VERY BEST OF
THICH NHAT HANH
FOR OVER 30 YEARS



NO MUD, NO LOTUS: THE ART OF TRANSFORMING SUFFERING

The secret to happiness is to acknowledge and transform suffering, not to run away from it. This book contains practices and inspiration for transforming suffering and finding true joy.

\$14.95 | EBOOK \$12.99 | 128 PP | 5 ¾ X 8 | PBK | 978-1-937006-85-3

OLD PATH WHITE CLOUDS: WALKING IN THE FOOTSTEPS OF THE BUDDHA

Drawn directly from numerous Pali, Sanskrit, and Chinese sources, this beautifully-written book gently and insightfully traces the Buddha's life.

\$32.95 | EBOOK \$16.99 | 600 PP | 5 ¾ X 9 | PBK | 978-0-938077-26-8

THE OTHER SHORE: A NEW TRANSLATION OF THE HEART SUTRA WITH COMMENTARIES

A radical new translation and interpretation of the Heart Sutra, the most concise, essential, and studied Buddhist teaching.

\$14.95 | EBOOK \$12.99 | 136 PAGES | 5 ½ X 8 ¼ | PBK | 978-1-941529-14-0

HAPPINESS: ESSENTIAL MINDFULNESS PRACTICES

Thich Nhat Hanh's key practices are collected in this easy-to-use volume, in which the Zen master encourages us to conduct our daily lives with mindfulness—to walk, sit, work, eat, and drive with full awareness.

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A passionate plea for a spiritual revolution to protect nature and limit climate change.

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THE MINDFULNESS SURVIVAL KIT: FIVE ESSENTIAL PRACTICES

A modern presentation of the Buddhist precepts, reframed as Five Mindfulness Trainings—not to kill, steal, commit sexual misconduct, lie, or take intoxicants.

\$12.95 | EBOOK \$9.99 | 160 PP | PBK | 978-1-937006-34-1

BEING PEACE

With over 250,000 copies sold, this seminal work of Thich Nhat Hanh's key practices is filled with practical suggestions on how to create a more peaceful world "right in the moment we are alive."

\$14.95 | EBOOK \$12.99 | 128 PP | 5 ¾ X 8 | PBK | 978-1-888375-40-4

AWAKENING OF THE HEART: ESSENTIAL BUDDHIST SUTRAS AND COMMENTARIES

A comprehensive, single-volume collection of the Buddha's key sutras, translated with contemporary commentary. A unique resource for understanding the fundamentals of Buddhism from its source teachings.

\$39.95 | EBOOK \$16.99 | 544 PP | 6 X 9 | PBK | 978-1-937006-11-2

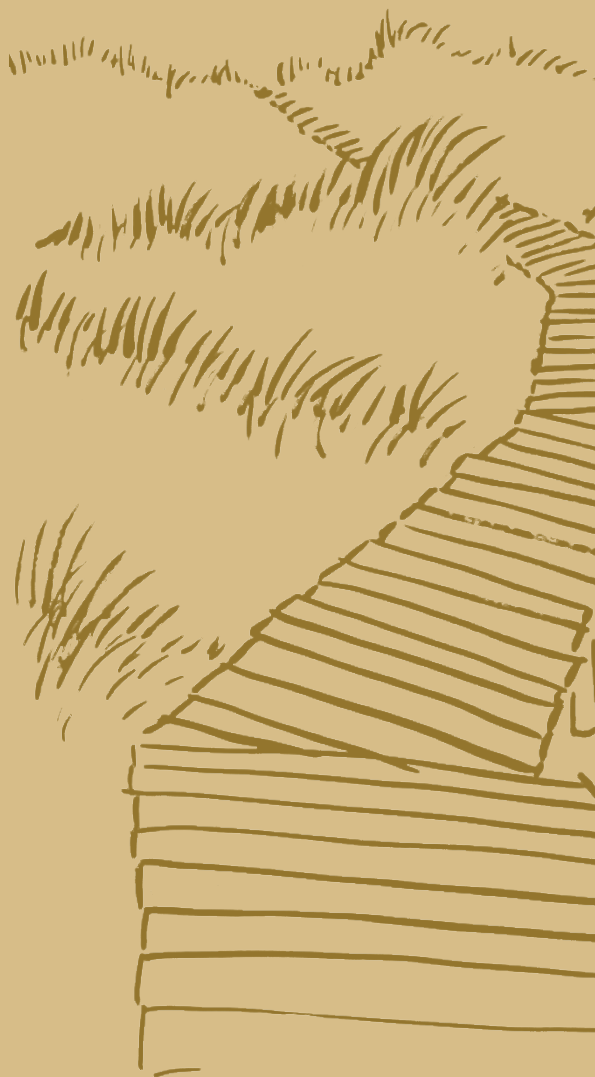
THE DIAMOND THAT CUTS THROUGH ILLUSION

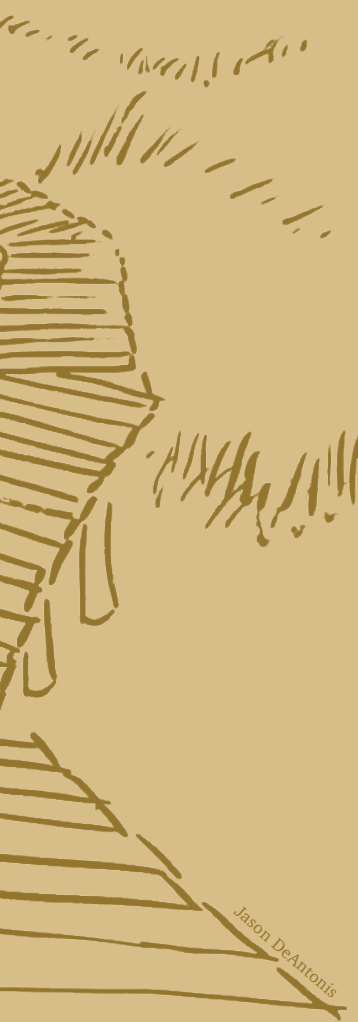
The Diamond Sutra reveals how we create artificial divisions and mental constructs. The sutra and commentary offer clear insights into nonduality, interbeing, and our intimate connection with the environment and all beings.

\$18.95 | EBOOK \$12.99 | 160 PP | 5 ¼ X 8 | PBK | 978-1-935209-44-7

WALKING ON COUNTRY PATHS

I like to walk along country paths with wild grasses lining the path. I place each foot on the earth in mindfulness, knowing that I am walking on the wondrous Earth. In such moments, existence becomes a miraculous and mysterious reality. People usually consider walking on water or in thin air to be a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on the Earth. Every day we are engaged in a miracle that we don't even recognize: the blue sky, the white clouds, the green leaves, and the curious eyes of a child. All is a miracle.

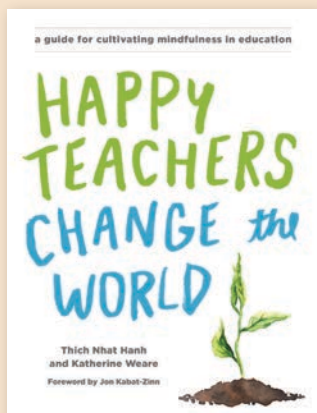




When we walk, we're not walking alone. Our parents and ancestors are walking with us. They're present in every cell of our bodies. So each step that brings us healing and happiness also brings healing and happiness to our parents and ancestors. Every mindful step has the power to transform us and all our ancestors within us, including our animal, plant, and mineral ancestors. We don't walk for ourselves alone. When we walk, we walk for our family and for the whole world.

—THICH NHAT HANH

AT HOME IN THE WORLD



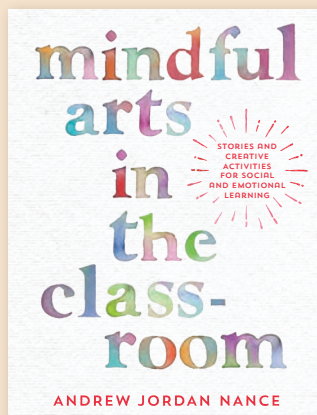
Happy Teachers Change the World

A Guide for Cultivating Mindfulness in Education

THICH NHAT HANH AND KATHERINE WEARE

The Plum Village approach to mindfulness in education is being used in classrooms around the world. This is the first official authoritative manual, featuring concrete and well-researched lesson plans, as well as stories from teachers and practitioners around the globe.

\$18.95 | EBOOK \$12.99 | 352 PP | 7 X 9 | PBK | 978-1-941529-63-8



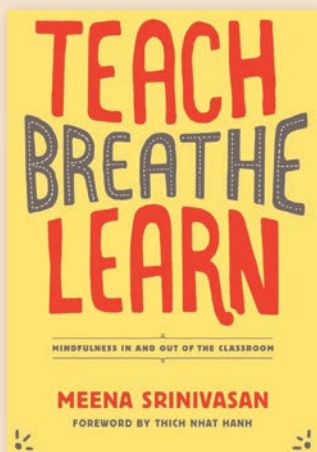
Mindful Arts in the Classroom

Stories and Creative Activities for Social and Emotional Learning

ANDREW JORDAN NANCE

Andrew Nance, author of *Puppy Mind*, brings a host of friendly characters into the classroom to animate a 21-lesson curriculum centered around lively stories and easy-to-lead exercises for young students from K-3rd grade.

\$19.95 | EBOOK \$12.99 | 272 PP | 7 X 9 | PBK | 978-1-946764-13-3



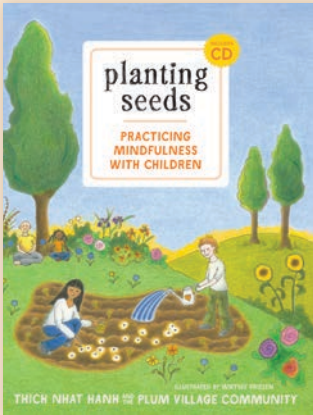
Teach Breathe, Learn

Mindfulness In and Out of the Classroom

MEENA SRINIVASAN

A complete primary-level curriculum for teachers and caregivers who want to share mindfulness with children and others while cultivating their own practice.

\$16.95 | EBOOK \$12.99 | 224 PP | 6 X 9 | PBK | 978-1-937006-74-7



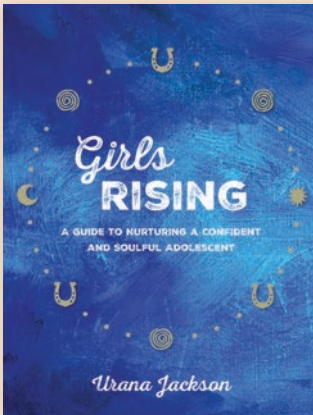
Planting Seeds

Practicing Mindfulness with Children

THICH NHAT HANH AND THE PLUM VILLAGE COMMUNITY

This comprehensive guide to practicing mindfulness with children of all ages is brought to life by full-color illustrations and imaginative activities with simple instructions. This is a long-running bestseller among teachers and parents.

\$32.95 | EBOOK \$16.99 | 240 PP | 7 X 9 | PBK | 978-1-935209-80-5



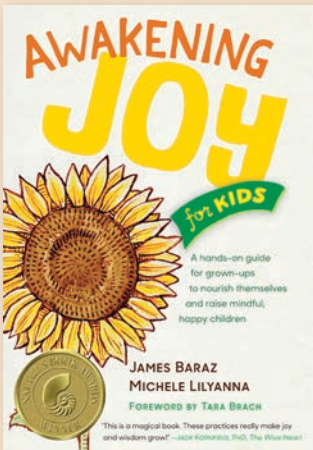
Girls Rising

A Guide to Nurturing a Confident and Soulful Adolescent

URANA JACKSON

This essential guide for adults working with adolescent girls focuses on concrete and fun activities that help nurture their emotional, social, and spiritual selves.

\$21.95 | EBOOK 12.99 | 192 PP | 7 X 9 | PBK | 978-1-941529-18-8

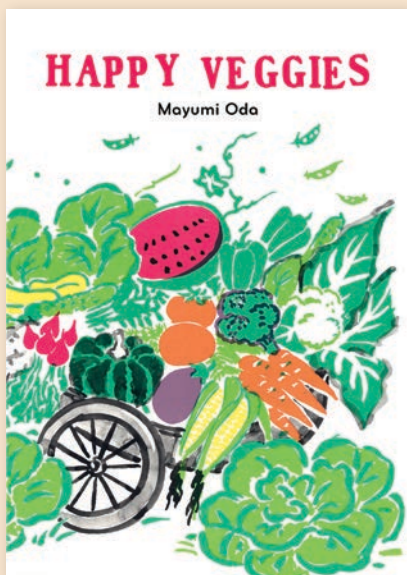


Awakening Joy for Kids

JAMES BARAZ AND MICHELE LILYANNA

Spirit Rock Meditation Center cofounder and popular online teacher James Baraz, working with elementary school teacher and innovator Michele Lilyanna, adapts his signature take on how to nurture happiness into recipes for raising joyful kids.

\$16.95 | EBOOK \$12.99 | 304 PP | 6 X 9 | PBK | 978-1-941529-28-7

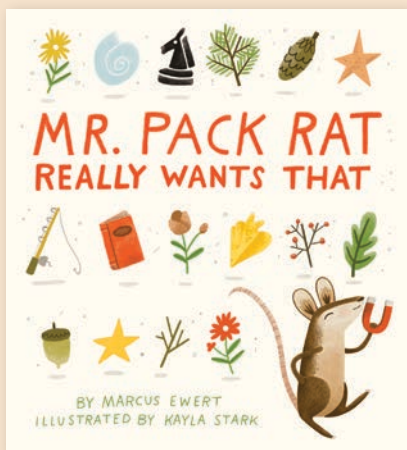


Happy Veggies

MAYUMI ODA

Crisp cabbages, crunchy carrots, radiant radishes.... Vibrant illustrations of vegetables in the garden by legendary Japanese artist Mayumi Oda will inspire children to see the garden as a life-giving place where they can touch the Earth and see how Nature loves and feeds them. Starting with green and purple asparagus in the Spring, the book moves joyfully through the seasons, showing how hot and cold weather, sunshine and rain all combine to bring about a happy harvest.

\$12.95 | EBOOK \$6.99 | 40 PP | 6 X 8 ½ |
HARDCOVER | 978-1-946764-06-5



Mr. Pack Rat Really Wants That

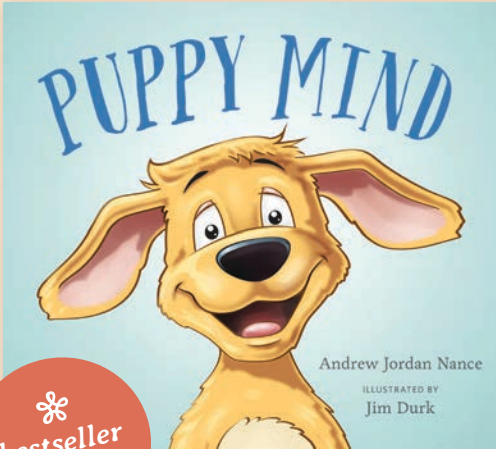
MARCUS EWERT

ILLUSTRATED BY KAYLA STARK

Mr. Pack Rat is a particularly acquisitive small mammal with a hoarding problem. (Sound like anyone you know?) Through trial and error, he begins to question whether having more things is really the secret to happiness. Although real-life pack rats (genus *Neotoma*) build large piles of debris to nest in, Mr. Pack Rat isn't satisfied with plain old sticks and leaves. He wants novelty and variety, and—un-

fortunately for him!—he owns a magical magnet that can summon anything he desires. This wry, witty fable from Marcus Ewert, author of *10,000 Dresses*, will have the whole family laughing and, perhaps, learning along the way.

\$14.95 | EBOOK \$6.99 | 40 PP | 9 X 10 | HARDCOVER | 978-1-946764-25-6



Puppy Mind

ANDREW NANCE

ILLUSTRATED BY JIM DURK

A lighthearted story about our wandering minds shares the basics of mindfulness. With art by the illustrator of several beloved *Clifford the Big Red Dog* and *Thomas the Tank Engine* books.

\$16.95 | EBOOK \$6.99 | 32 PP |
9 ½ X 8 ½ | HARDCOVER |
978-1-941529-44-7



Charlotte and the Quiet Place

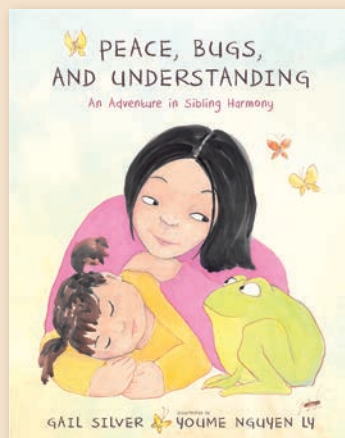
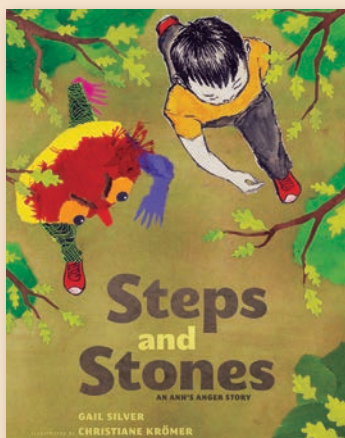
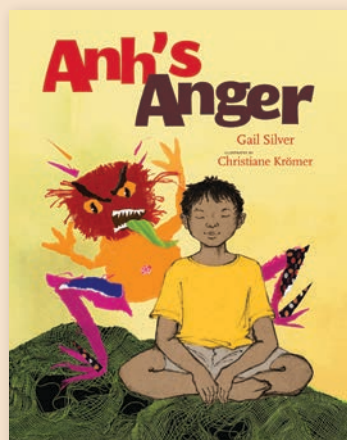
DEBORAH SOSIN

ILLUSTRATED BY SARA WOOLLEY

- ★ 2016 Independent Publisher Book Awards Silver Medalist
- ★ 2015 INDIEFAB Book of the Year Gold Award
- ★ 2015 National Parenting Publications Bronze Award

Amidst a city teeming with people and noises, Charlotte learns to practice mindful breathing on her own and experiences the beauty of silence.

\$16.95 | EBOOK \$6.99 | 40 PP | 9 ½ X 8 ½ | HARDCOVER | 978-1-941529-02-7



ANH'S ANGER SERIES

Anh's Anger

Steps And Stones

Peace, Bugs, And Understanding

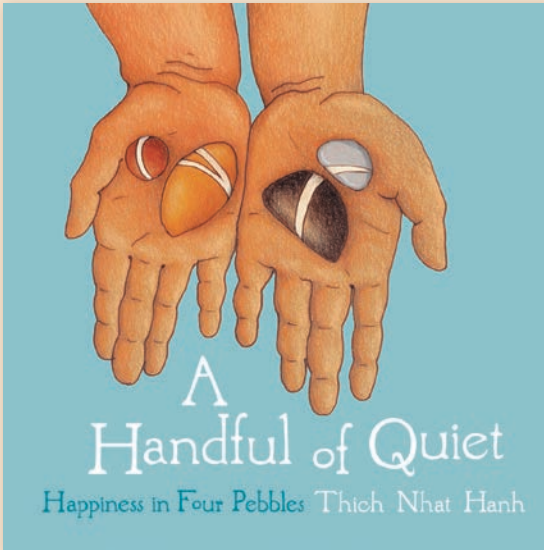
GAIL SILVER, CHRISTIANE KRÖMER, YOUME NGUYEN LY

These three stunning, full-color picture books share mindfulness-based practices for helping children manage difficult emotions and cultivate compassion for themselves and others.

\$16.95 | E-BOOK \$6.99 | 40 PP | 8 X 10 | HARDCOVER | 978-1-888375-94-7

\$16.95 | E-BOOK \$6.99 | 40 PP | 8 ½ X 11 | HARDCOVER | 978-1-935209-87-4

\$16.95 | E-BOOK \$6.99 | 48 PP | 8 ½ X 11 | HARDCOVER | 978-1-937006-63-1



A Handful of Quiet Happiness in Four Pebbles

THICH NHAT HANH

This beautiful and inviting book introduces young children to the Plum Village pebble meditation with step-by-step instructions.

\$14.95 | EBOOK \$6.99 | 64 PP
| 6 1/8 X 6 1/8 | HARDCOVER |
978-1-937006-21-1



Baby Present

RACHEL NEUMANN

Combining the love babies have for one another with a fun, tongue-in-cheek take on mindfulness for their parents, this board book is a perfect gift for developing calm, cool kids and their caretakers.

\$9.95 | EBOOK \$6.99 | 20 PP |
6 X 6 | BOARD BOOK |
978-1-941529-24-9

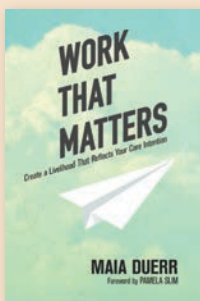


staff pick

STRANGE BEAUTY
A PORTRAIT OF MY SON
Eliza Factor

This intimate, no-holds-barred memoir shares one family's experiences with a child who is autistic and physically disabled. The lessons learned are eye-opening as we watch a mother, who is determined to help her son, bring together a whole community.

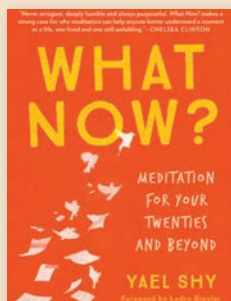
\$18.95 | EBOOK \$12.99 | 272 PP |
5 ½ X 8 ½ | PBK |
978-1-941529-72-0



WORK THAT MATTERS
CREATE A LIVELIHOOD
THAT REFLECTS YOUR CORE
INTENTION
Maia Duerr

Buddhist chaplain Maia Duerr takes readers through a satisfying and comprehensive process to discover new insights about how to create a soul-satisfying livelihood.

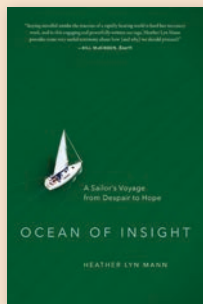
\$18.95 | EBOOK \$12.99 | 240 PP |
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978-1-941529-68-3



WHAT NOW? MEDITATION
FOR YOUR TWENTIES AND
BEYOND
Yael Shy

A roadmap for college students and others in early adulthood to incorporate mindfulness into their lives as they explore who they are and want to be in the world.

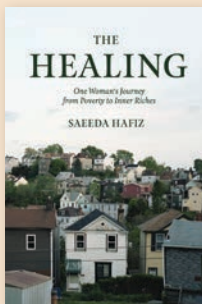
\$15.95 | EBOOK \$12.99 | 224 PP |
5 X 7 | PBK |
978-1-941529-82-9



OCEAN OF INSIGHT
A SAILOR'S VOYAGE FROM
DESPAIR TO HOPE
Heather Lyn Mann

The ocean becomes Mann's teacher in this memoir of six years exploring the Atlantic and coming to terms with climate change.

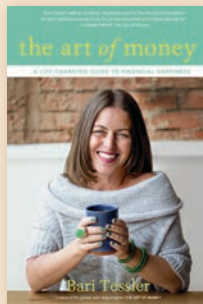
\$18.95 | EBOOK \$12.99 | 288 PP |
6 X 9 | PBK |
978-1-946764-04-1



THE HEALING FROM POVERTY
TO INNER RICHES
Saeeda Hafiz

In this memoir of upward mobility through an unexpected route, Hafiz shares her painfully honest account of facing the inner demons fed by the poverty she witnessed as a child.

\$18.95 | EBOOK \$12.99 | 296 PP |
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THE ART OF MONEY
A LIFE-CHANGING GUIDE TO
FINANCIAL HAPPINESS
Bari Tessler

An integrated approach to our relationship with money that builds self-awareness and becomes a training ground for compassion, confidence, and self-worth.

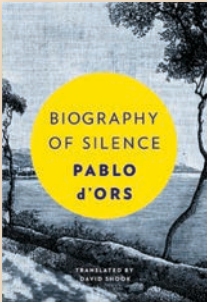
\$16.95 | EBOOK \$12.99 | 296 PP |
6 X 9 | PBK |
978-1-946764-10-2



BEGINNING ANEW
FOUR STEPS TO RESTORING
COMMUNICATION
Sister Chan Khong

One of Thich Nhat Hanh's beloved original students shares a practice that can help us clear up misunderstandings, communicate more honestly and openly, and heal relationships.

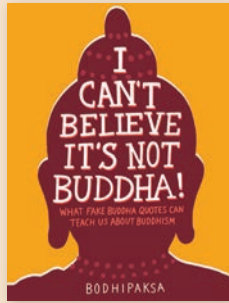
\$12.95 | EBOOK \$9.99 | 128 PP |
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978-1-937006-81-5



BIOGRAPHY OF SILENCE
AN ESSAY ON MEDITATION
Pablo d'Ors
Translated by David Shook

With silence increasingly becoming a stranger to us, one man set out to become its intimate: Pablo d'Ors, a Catholic priest whose life was changed by Zen meditation.

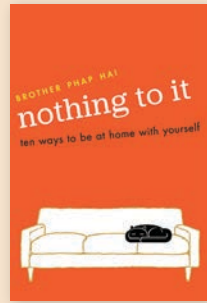
\$14.95 | EBOOK \$12.99 | 112 PP |
4 1/2 X 6 1/2 | HARDCOVER |
978-1-946764-23-2



**I CAN'T BELIEVE IT'S NOT
BUDDHA!** WHAT FAKE
BUDDHA QUOTES CAN TEACH
US ABOUT BUDDHISM
Bodhipaksa

Bodhipaksa uses fake Buddha quotes as launching points for humorous and informative discussions on what the Buddha really did say. An essential addition to any Buddhist library.

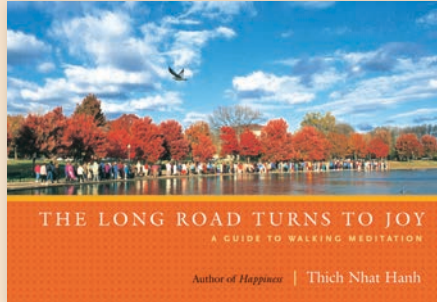
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978-1-946764-35-5



NOTHING TO IT TEN WAYS TO
BE AT HOME WITH YOURSELF
Brother Phap Hai

Fans of *Mindfulness in Plain English* will delight in this warm, funny exploration of Buddhist teachings. Brother Phap Hai offers eloquent and innovative ideas about applying ancient wisdom to everyday life.

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978-1-941529-00-3
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THE LONG ROAD TURNS TO JOY
A GUIDE TO WALKING MEDITATION
Thich Nhat Hanh

Instruction and inspiration for one of Zen Master Thich Nhat Hanh's most accessible meditation practices. Thich Nhat Hanh encourages us to "walk not in order to arrive, but just for the joy of walking." Whether you are out for a long hike, strolling around the neighborhood, or practicing in a formal meditation setting, this book is a wonderful reminder of the enjoyment to be found in each step, each breath, and the sights and fragrances along the path. This edition features photos, walking poems, and insights from the author.

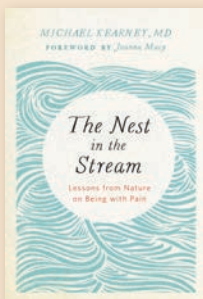
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978-1-935209-92-8



MAKING SPACE
CREATING A HOME
MEDITATION PRACTICE
Thich Nhat Hanh

This beautifully illustrated book offers instructions for setting up a breathing room, listening to a bell, and sitting and walking meditation, to help create a sense of sanctuary at home.

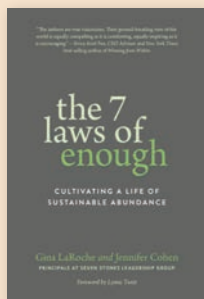
\$9.95 | EBOOK \$6.99 | 96 PP |
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978-1-937006-00-6



THE NEST IN THE STREAM
LESSONS FROM NATURE ON
BEING WITH PAIN
Michael Kearney

Kearney, an internationally-recognized palliative care doctor, shows that how we live with our pain matters hugely, impacting every aspect of our own life and beyond.

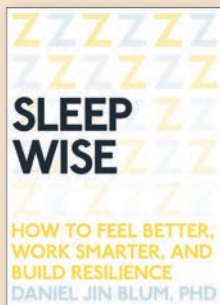
\$15.95 | EBOOK \$12.99 | 176 PP |
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978-1-946764-00-3



THE 7 LAWS OF ENOUGH
PRACTICES FOR A RICH AND
SUSTAINABLE LIFE
*Jennifer Cohen, Gina
LaRoche*

Leadership consultants offer readers a framework for a future that is sustainable and sustaining, where we rest in the incredible bounty that is always available to us.

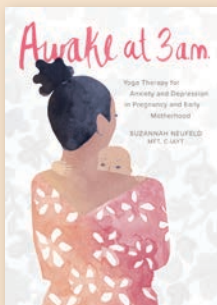
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SLEEP WISE
HOW TO FEEL BETTER,
WORK SMARTER, AND BUILD
RESILIENCE
Daniel Blum

One of the country's top experts on sleep reveals a time-tested holistic approach to getting the rest you need to be productive, healthy, and happier throughout the day.

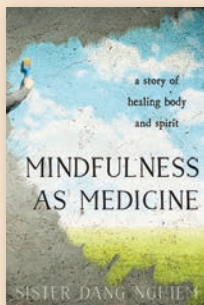
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AWAKE AT 3:00 A.M.
YOGA THERAPY FOR ANXIETY
AND DEPRESSION IN PREG-
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HOOD | *Susannah Neufeld*

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A STORY OF HEALING BODY
AND SPIRIT
Sister Dang Nghiem

Former doctor and current Buddhist nun Sister Dang Nghiem applied her medical knowledge and her mindfulness practice to healing from Lyme disease. She shares how she transformed her suffering to live with joy.

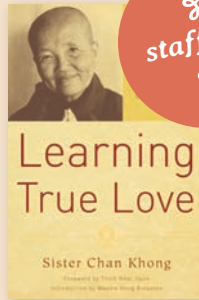
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GOOD CITIZENS
CREATING ENLIGHTENED
SOCIETY
Thich Nhat Hanh

A nondenominational blueprint for a global ethic based on overcoming deep-seated divisions and creating a vision of a world in harmony.

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PRACTICING BUDDHISM IN A
TIME OF WAR
Sister Chan Khong

This unique autobiography tells the gripping story of a woman who has lived history and made history, and whose life of single-minded dedication to humanity can serve as an inspiration for us all.

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978-1-888375-67-1



I AM HOME PORTRAITS OF
IMMIGRANT TEENAGERS
Rachel Neumann, Ericka McConnell

These portraits of recent immigrant teenagers from all over the world show the diversity, beauty, and potential of the people who now call the United States of America home.

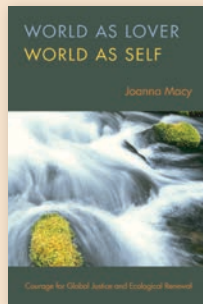
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978-1-946764-11-9



THE IDEALIST'S SURVIVAL KIT
75 SIMPLE WAYS TO PREVENT
BURNOUT
Alessandra Pigni

75 reflections and tips for taking care of yourself while you're taking care of others, from a psychologist who has spent many years working in conflict and disaster areas.

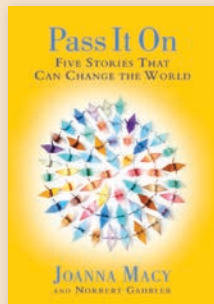
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**WORLD AS LOVER,
WORLD AS SELF**
Joanna Macy

This classic of deep ecology shows us how to see that the Earth is an extension of ourselves and how to discover the knowledge, authority, and courage to respond creatively to the crises of our time.

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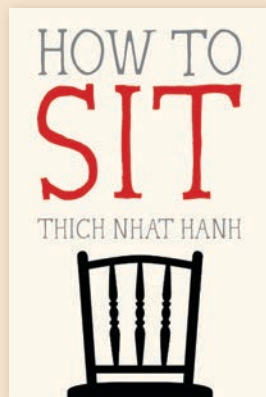
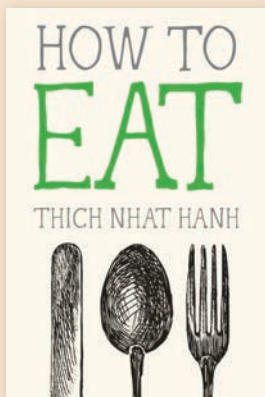
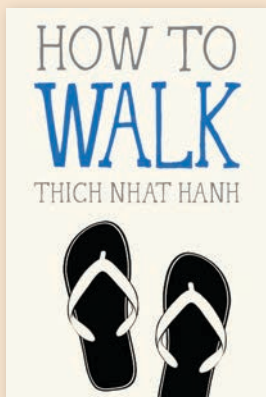
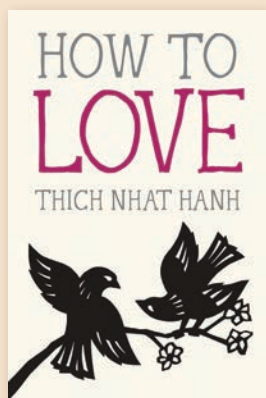
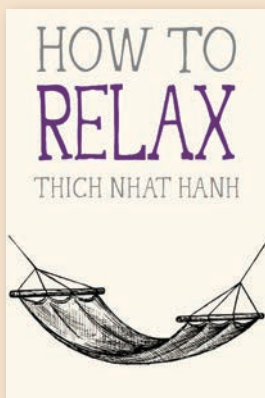
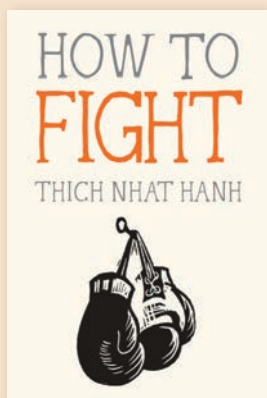
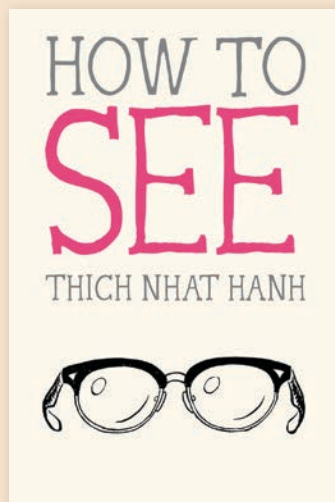
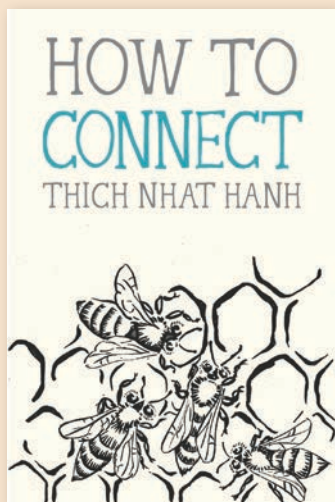


PASS IT ON FIVE STORIES THAT
CAN CHANGE THE WORLD
Joanna Macy, Norbert Gabbler

Eco-philosopher and best-selling author Joanna Macy shares five stories of sudden awakening and unexpected awareness gathered on her travels to India, Russia, Australia, Canada, and Tibet.

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staff pick



Mindfulness Essentials Series

THICH NHAT HANH

ILLUSTRATED BY **JASON DEANTONIS**

Popularly known as the “How-To” books, this is Thich Nhat Hanh’s bestselling series of pocket-sized guides for bringing mindfulness to daily life.

With our world experiencing the deep effects of loneliness, environmental detachment, and digital overload, the newest arrival in the Series, *How To Connect*, offers meditations on how to remember our fundamental gift of belonging.

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HOW TO SEE	\$9.95	EBOOK \$6.99	128 PP	4 X 6	PBK	978-1-946764-33-1
HOW TO FIGHT	\$9.95	EBOOK \$6.99	128 PP	4 X 6	PBK	978-1-941529-86-7
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HOW TO WALK	\$9.95	EBOOK \$6.99	120 PP	4 X 6	PBK	978-1-937006-92-1
HOW TO EAT	\$9.95	EBOOK \$6.99	128 PP	4 X 6	PBK	978-1-937006-72-3
HOW TO SIT	\$9.95	EBOOK \$6.99	120 PP	4 X 6	PBK	978-1-937006-58-7

How to Live

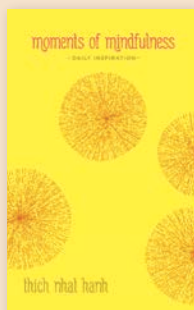
Boxed Set of the Mindfulness Essentials Series

For the collector in your life, the first five titles in the series are also available in a handsome boxed set.

\$49.75 | BOXED SET | 4 ½ X 6 ¼ |
978-1-941529-47-8

THICH NHAT HANH is one of the most revered Zen teachers in the world today. In 1967, Nobel Laureate Dr. Martin Luther King, Jr., nominated him for the Nobel Peace Prize. Thich Nhat Hanh is credited as one of the founders of the modern mindfulness movement.





Moments of Mindfulness

Daily Inspiration

THICH NHAT HANH

This gorgeous hardcover pairs the timeless wisdom of Thich Nhat Hanh with original artwork by Jenifer Kent. Open it to any page for a moment of inspiration.

\$16.95 | EBOOK \$12.99 | 160 PP | 4 3/8 X 6 1/2 |
HARDCOVER | 978-1-937006-46-4

Leading with Love

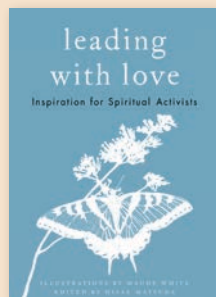
Inspiration for Spiritual Activists

EDITED BY HISAE MATSUDA

ILLUSTRATIONS BY MAUDE WHITE

Wisdom from Thich Nhat Hanh, Sister Chan Khong, Joanna Macy, Malala Youzafsa, and others illuminate themes of awareness, idealism, kindness, truth-telling, resilience, and creating a more compassionate society.

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Guided coloring books

THICH NHAT HANH

ILLUSTRATED BY JASON DEANTONIS & BRETT COOK

Step into a contemplative journey of your own creation. All you need are a few shades of pencil and you can color your way through these magical places and simple interiors, accompanied by the wisdom of Thich Nhat Hanh. For kids and adult kids, too!

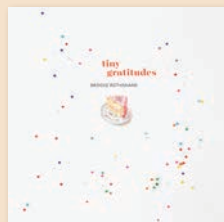
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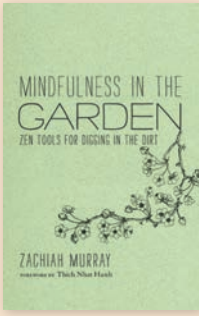
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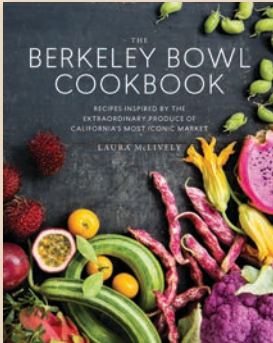
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