



PARALLAX PRESS



PLUM BLOSSOM BOOKS



PALM LEAVES PRESS

“

*Enlightenment for a wave is the
moment the wave realizes it is
water. At that moment, all
fear of death disappears.*

”

THICH NHAT HANH

PARALLAX PRESS

FALL 2021 – SPRING 2022

NEW BOOKS

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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SPRING 2022

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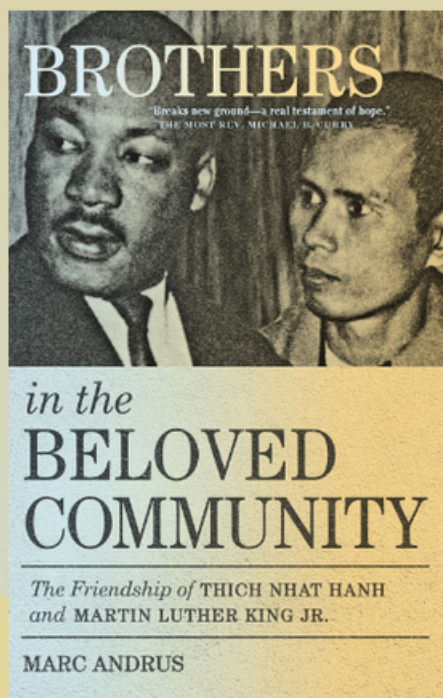
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PALM LEAVES PRESS

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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

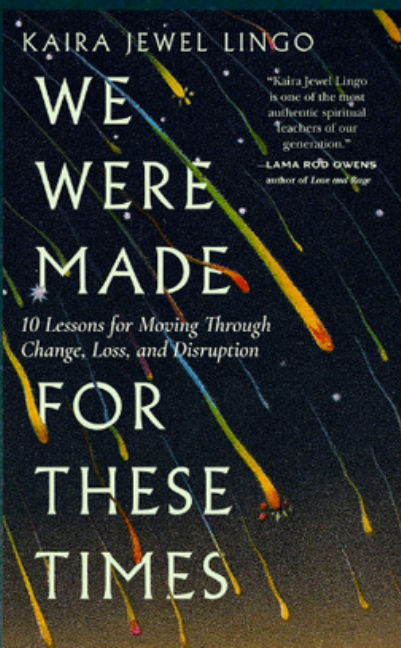
Trim Size: 5-½ x 8-½

Carton Count: 32

BISAC 1: Biography & Autobiography – Social Activists

BISAC 2: Biography & Autobiography – Religious

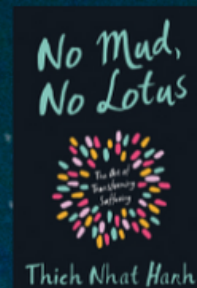
BISAC 3: Biography & Autobiography – Political



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

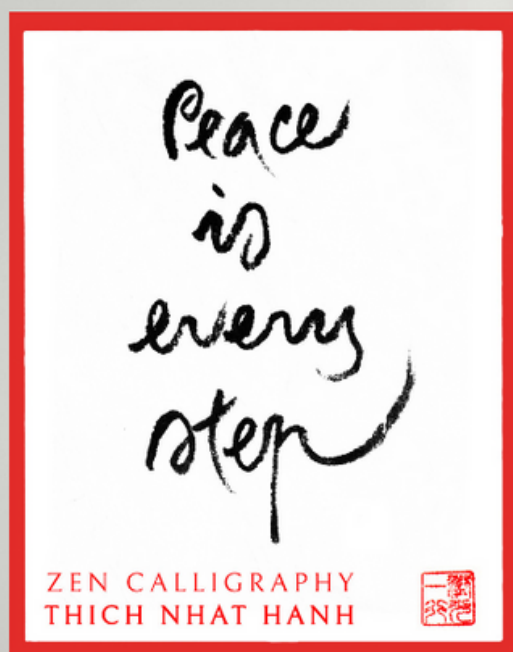
Trim Size: 5 x 8

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

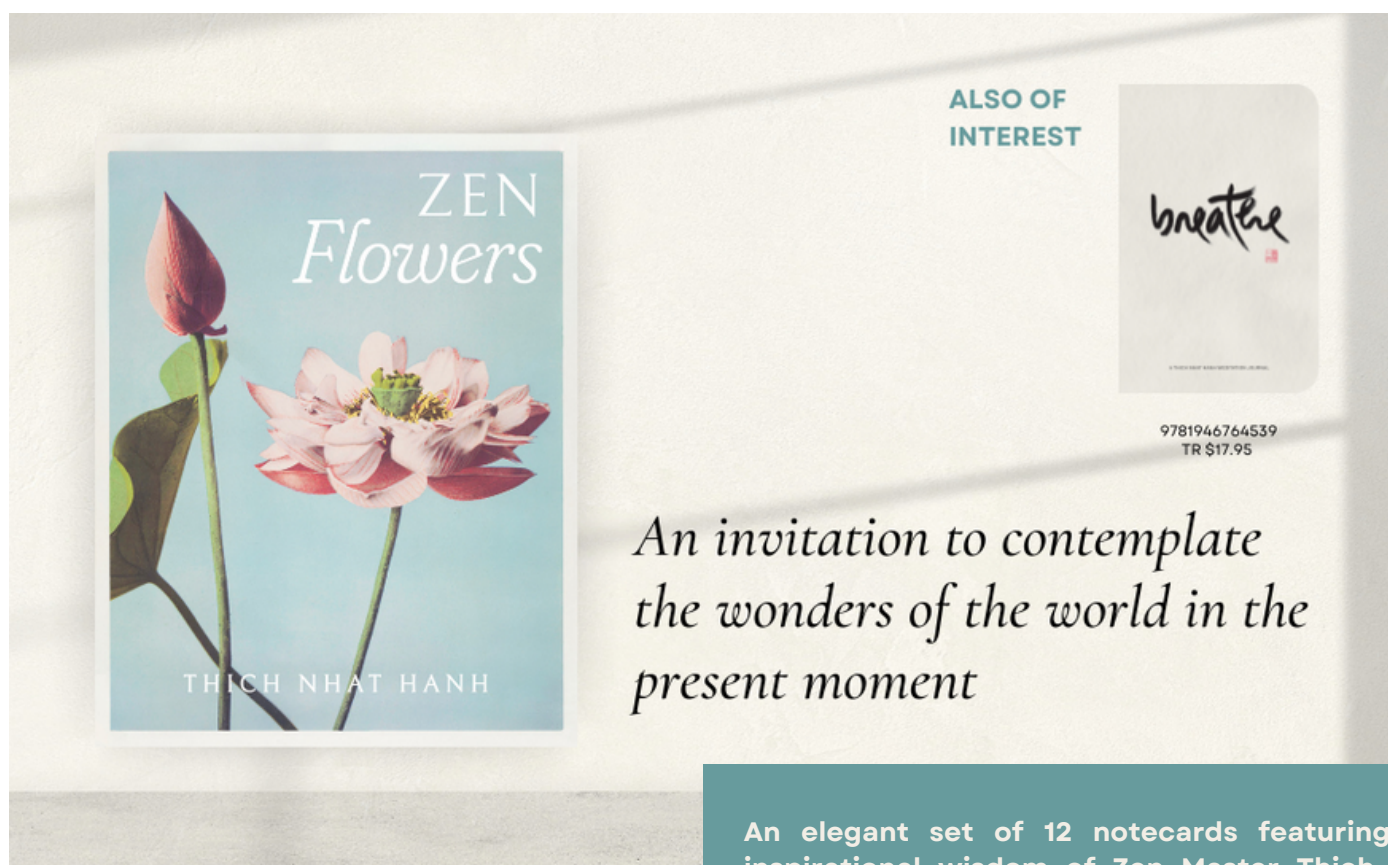
BISAC 2: Philosophy – Eastern

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.



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

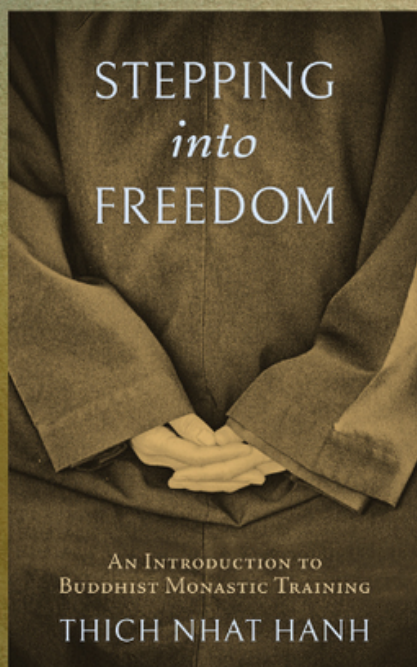
BISAC 3: Religion – Buddhism – Zen

Trim Size: 5-½ x 7

Carton Count: 36

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

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



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.

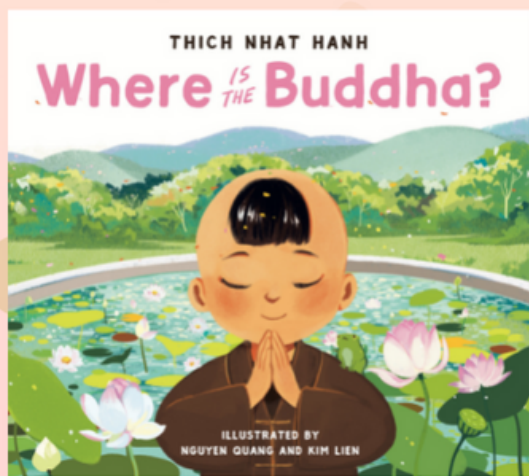
As a book of guidelines, encouraging words, reminders, and poems for novice monks and nuns in the Plum Village tradition, *Stepping into Freedom* helps us lead a wholesome, happy life, whether we are in the monastery or in the larger world. With inspiration for every moment in the life of a practitioner 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: 9-1/2 x 8-1/2

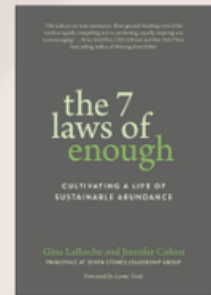
Carton Count: 42

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

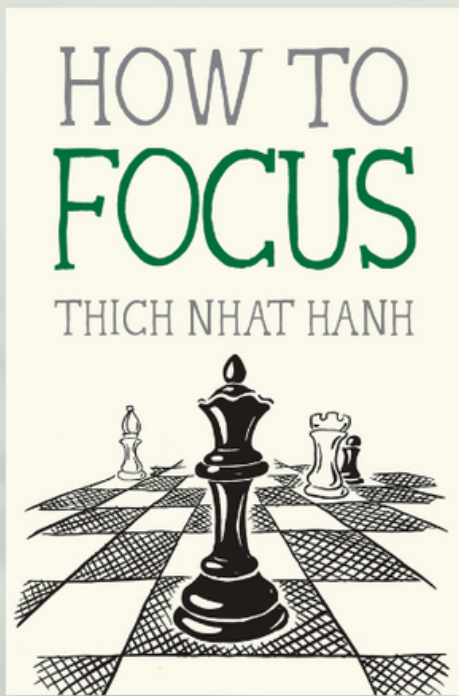
BISAC 2: Body, Mind & Spirit – Healing – General

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

Page Count: 160

Trim Size: 6-½ x 9

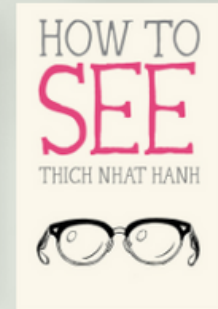
Carton Count: 24



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.

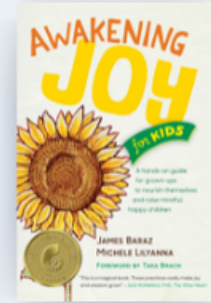
Page Count: 128

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



ALSO OF INTEREST



9781946764607
TR \$16.95 | EL \$9.99



9781946764881
TR \$16.95 | EL \$12.99

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

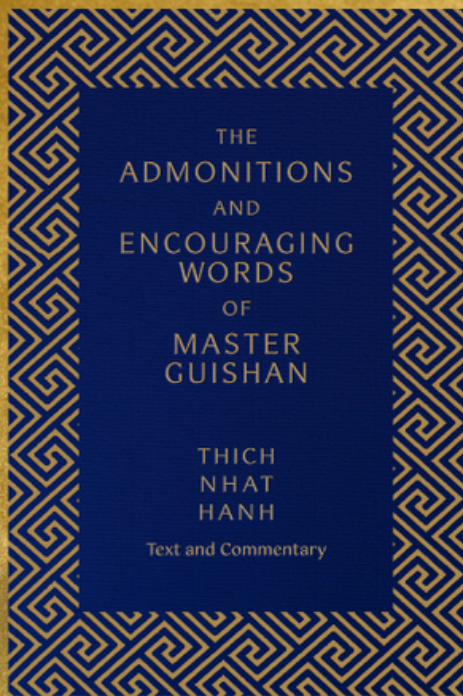
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Orlaith O'Sullivan is a mindfulness educator, poet, and writer whose work has been shortlisted for the William Trevor International Short Story Competition and the J. G. Farrell Award. She is the winner of the Fish-Knife Award for Crime and The Stinging 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.



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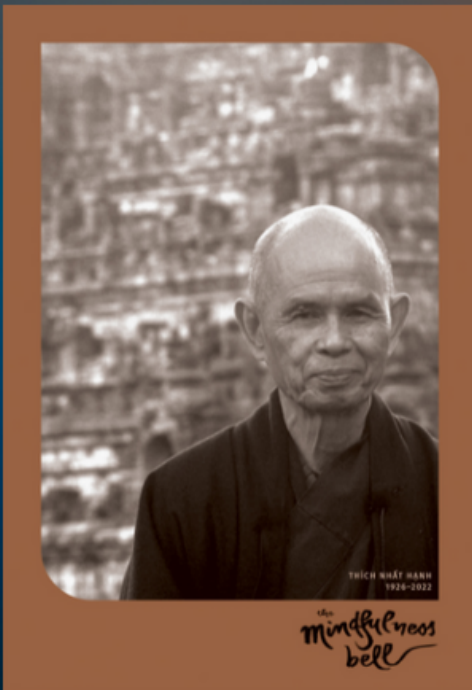
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Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four 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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- 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](#).

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