



PARALLAX PRESS



PLUM BLOSSOM BOOKS



PALM LEAVES PRESS

“

*To develop understanding, you have to practice looking at all living beings with the eyes of compassion. When you understand, you love. And when you love, you actually act in a way that can relieve people's suffering.*

”

—THÍCH NHẤT HẠNH

**PARALLAX PRESS**

**Fall 2023 – Spring 2024**

**New Books**



# WELCOME, FRIENDS

Dear Friends of Parallax Press,

In 2024 Parallax Press steps into its 38th year of publishing books on the art of mindful living and Engaged Buddhism. Mindfulness in Zen Master Thích Nhất Hạnh's Plum Village tradition carries the energy of healing, helping to transform suffering and injustice and sparking collective insight and awakening. If we have safety, health, shelter, and good food for body and spirit, we know we are fortunate. We are also aware that these conditions are vanishingly rare for many beings in this world today. To curl up with a book in a peaceful spot and join our minds with the mind of a great author for hours—even days—through the simple act of reading is a precious experience, interdependent with systems of learning and living that uplift literacy, literature, empathy (the ability to understand another's view), and a slower, more analog way of life. This, together with the revelatory sense of wonder that comes with discovering a “just right for this moment” teaching in a book—be it drinking a cloud in our tea, exchanging smiles with strangers, walking without hurrying, or enjoying each breath—is the treasure of the Plum Village practice we cherish and wish to share with all readers.

Our beloved teacher, Zen Master Thích Nhất Hạnh, or “Thầy,” founder of the International Plum Village Community of Engaged Buddhism of which Parallax Press is a part, passed away on January 22nd, 2022. On the second anniversary of his death in January 2024, as he is officially honored in Vietnam as an ancestral lineage teacher, it seems apt that his books on touching peace, beauty, and joy in our everyday lives, even in—especially in—the midst of difficult times, continue to reach new readers and inspire new writers in the Dharma. It is fitting that Parallax Press, which Thầy cofounded with his meditation students, is now bringing out books written by his students who have matured into their own teaching journeys in new spaces. We are delighted to offer the following fourteen new publications this fall and spring, each embodying the essence of Thầy's mission to help bring about a more joyful, healthy, and compassionate society.

## Books by Zen Master Thích Nhất Hạnh

- As the latest addition to the popular Mindfulness Essentials series of pocket books, *How to Smile* explores what Thầy calls “the art of suffering.” “If you know how to suffer, you suffer less,” he says. Thích Nhất Hạnh gives us teachings for transforming difficult emotions as well as ways to touch moments of happiness and smile even while suffering is still there.
- *Peace Is This Moment: Mindful Reflections for Daily Practice* contains 365 readings that provide daily inspiration for a whole year and beyond. The nature of life and time is such that as we revisit certain passages at different moments in our lives, the teachings land differently each time. It's a beautiful gift for a friend—or for oneself.
- Also a beautiful gift, *The Mindfulness Essentials Cards* box set brings a playful element to your practice. With 52 teachings from the How to books to reflect upon and practice, the cards may be pulled for meditation inspiration or placed around your home as mindful reminders.
- *Cracking the Walnut: Understanding the Dialectics of Nagarjuna*, translated by Sister Annabel Laity (Sister Chân Đức), is Thích Nhất Hạnh's commentary on the foundational Treatise on the Middle Way by Nagarjuna, designed to help us let go of metaphysical speculation and access true understanding.



- Our long-awaited second edition of *Love in Action: Writings on Nonviolent Social Change* is essential reading for today's peace activists, refugee advocates, and anyone engaged in community organizing, political action, and cause-oriented movements. Together with essays written by Thích Nhất Hạnh at crucial moments of social transformation, the book includes the script of the hauntingly beautiful 1972 play *The Path of Return Continues the Journey*. An elegy for friends killed in wartime and a prayer for peace, the script shows a less-known side of the young Zen master: grieving, profoundly in touch with his sorrow and pain, and channeling his anguish into art, inspired by love.
- Finally, we are pleased to present *Sea libre donde esté*, a translation of the often-recommended first book for new practitioners *Be Free Where You Are* in a new edition for our growing community of Spanish-reading practitioners.

#### Books by Dharma teachers and practitioners

- *Tears Become Rain: Stories of Transformation and Healing Inspired by Thich Nhat Hanh* is a collection of poignant writings by thirty-two Plum Village practitioners on the effects of meeting the extraordinary “father of mindfulness,” as TIME magazine described Thầy. Gathered and edited by Jeanine Cogan and Mary Hillebrand over several years, the contributions span themes of coming home to ourselves, healing from grief and loss, facing fear, and building community and belonging. A must-read for all on the path of practice! Profits from sales of this book are dedicated to the Thich Nhat Hanh Foundation, to keep the lamp lit for future generations.
- In her stunning debut, *When the Whole World Tips: Parenting through Crisis with Mindfulness and Balance*, Order of Interbeing member and mindfulness educator Celia Landman brings strong, warm, candid, and wise advice to caregivers struggling with children in crisis, encouraging families to replenish their reserves when accompanying their loved ones through the storms of physical and mental suffering.
- *Unshakeable: Trauma-Informed Mindfulness and Collective Awakening* is the long-awaited book by Dharma teacher and licensed psychotherapist Jo-ann Rosen, cofounder of EMBRACE (Embodying Mindfulness-Based Resilience to Awaken Community Empowerment). Addressing difficult topics with courage and humor, this book guides readers through Plum Village practices as a holistic system for generating and maintaining the stability of mind needed for personal and social transformation, even in the midst of trauma—with simple, body-based exercises grounded in neuroscience.
- *Healing Our Way Home: Black Buddhist Teachings on Ancestors, Joy, and Liberation*, publishing in US Black History Month, February 2024, brings together three phenomenal Dharma teachers in the Plum Village tradition in intimate conversation: Valerie Brown, Dr. Marisela Gomez, and Kaira Jewel Lingo. In combination with heart-centered practices for whatever step you may be taking on the path, the ancestral wisdom flowing through this book will nourish your joy and freedom.
- *Brief Flashings in the Phenomenal World: Running at the Edge of Zen* is a memoir of destruction and healing by elite ultrarunner and *Outside* magazine writer Katie Arnold. After a life-shattering injury, Arnold turns to Zen to help reintegrate her body, spirit, and relationships, and finds a way back into running—and the stillness within herself. A wonderful book for all those who love nature and the wild.
- Earth Holder John Bell, a direct student of Zen Master Thích Nhất Hạnh since 1982, is a teacher in the Plum Village tradition. His first book, *Unbroken Wholeness: Integrating Social Justice, Emotional Healing, and Spiritual Practice* distills a lifetime's insights on the path of personal and collective transformation together with heartwarming stories and accessible practices.

Featuring articles by monastic and lay friends in our community since 1990, our magazine *The Mindfulness Bell* is offering two issues this cycle, timed to appear at the autumn and spring equinoxes. Number 92, *Can Mother Earth Count On Us?*, published in October 2023, pays homage to the Plum Village vision of deep ecology and explores the relationship between the climate crisis and our spiritual practice. Spring issue number 93, *The Goodwill of Our Ancestors*, covers the ceremonies of January 29, 2024, to install Zen Master Thích Nhất Hạnh as a spiritual ancestor of Từ Hiếu temple, the root temple of the Plum Village tradition, and offers reflections on continuation and connection



with the deep and rich stream of the Plum Village teachings. More than 2,000 readers are now subscribed to our online journal at [mindfulnessbell.org](http://mindfulnessbell.org), which launched in July 2022. Thank you for your support!

For our youngest readers, we're excited to welcome back *Mop Rides the Waves of Life* author-illustrator duo Jaimal Yogis and Matt Allen with their latest children's book set in the world of water: *The Adventures of Drip and Drop*, where the eponymous main characters, two lively raindrops, dive into the ultimate dimension!

On behalf of all of the authors and our tight-knit team of editors, creatives, sales and marketing, and operations and support staff at Parallax Press, I would like to express our sincere gratitude for your continued support of our publishing mission. In a world with so many demands on our time, it is you, the readers, who continue the transmission of the Dharma from one life to another. You are, therefore we are. Your continued engagement with our books makes it possible for us to support the translation and development of not-yet-published works by Thây as well as to bring forth new Dharma books by monastic and lay teachers in our rich community. We inter-are.

Deep bows of gratitude,



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

Parallax Press is a 501(c)(3) nonprofit publishing arm of the Plum Village Community of Engaged Buddhism. When you purchase from [parallax.org](http://parallax.org), you support the creation and continuation of more books to support Dharma practitioners now and in the future.

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# CONTENTS

## FALL 2023

### PARALLAX PRESS

<i>Tears Become Rain</i>	1
<i>Unshakeable</i>	2
<i>When the Whole World Tips</i>	3
<i>How to Smile</i>	4
<i>Peace Is This Moment</i>	5
<i>Mindfulness Essentials Cards</i>	6

### PALM LEAVES PRESS

<i>Cracking the Walnut</i>	7
----------------------------	---

### THE MINDFULNESS BELL

<i>Can Mother Earth Count On Us?, Issue 92</i>	8
--	---

## SPRING 2024

### PARALLAX PRESS

<i>Healing Our Way Home</i>	9
<i>Love in Action (Second Edition)</i>	10
<i>Brief Flashings in the Phenomenal World</i>	11
<i>Unbroken Wholeness</i>	12
<i>Sea libre donde esté</i>	13

### PLUM BLOSSOM BOOKS

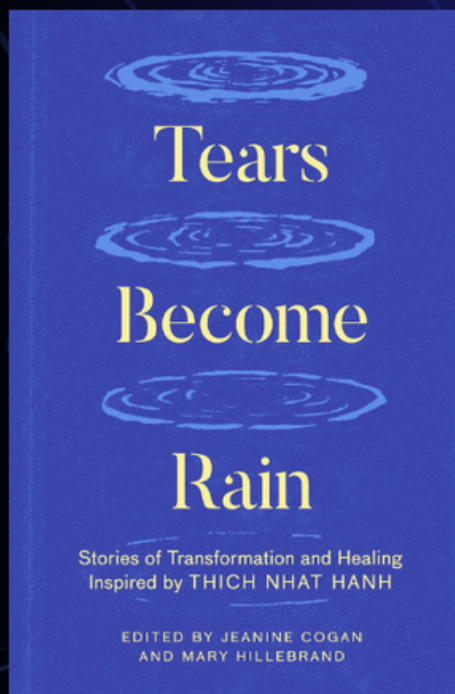
<i>The Adventures of Drip and Drop</i>	14
--	----

### THE MINDFULNESS BELL

<i>The Goodwill of Our Ancestors, Issue 93</i>	15
--	----

About Us	16
Ordering Information	17
Permissions and Rights	18





ALSO OF  
INTEREST



9781946764928  
TR \$14.95 | EL \$12.99



9781935209430  
TR \$16.95 | EL \$12.99

“These intimate encounters with the wisdom of Thich Nhat Hanh will move you to joy and tears, sometimes all at once!”

—Tara Brach, author of *Radical Acceptance*

**32 mindfulness practitioners around the world reflect on encountering the teachings of Thích Nhất Hạnh, exploring themes of coming home to ourselves, healing from grief and loss, facing fear, and building community**

Some moments change our lives. We experience wonder and relief when we realize we can be okay, just as we are. How do we then integrate these transformative moments into our daily life? *Tears Become Rain* is a collection of such stories, with one common inspiration: the teachings of mindfulness and compassion offered by the most influential meditation teacher of the past century, the Buddhist monk and peace activist Thích Nhất Hạnh, who was nominated for the Nobel Peace Prize by Dr. Martin Luther King.

The stories encapsulate the benefits of mindfulness practice through the experiences of ordinary people from 16 countries around the world. Some of the contributors were direct students of Thích Nhất Hạnh for decades and are meditation teachers in their own right, while others are relatively new on the path.

For many, battling sickness, old age, and death brings up overwhelming emotions of grief, anger, and despair, but with the wisdom of Zen practice, *Tears Become Rain* shows again and again how people are able to find refuge from the storms in their lives and open their hearts to joy. A diverse collection of stories, *Tears Become Rain* is both a celebration of Thích Nhất Hạnh and a testament to his lasting impact on the lives of people from many walks of life.

**Jeanine Cogan, Ph.D.** is a mindfulness meditation teacher and executive consultant. As a student of Thích Nhất Hạnh since 1996, she is committed to introducing mindfulness and meditation to others and is known among her students as warm, light-hearted, and grounded. Jeanine is also trained as a social psychologist, having earned a doctorate degree from the University of Vermont. She has edited two other books and many articles published in academic journals.

**Mary Hillebrand** has studied and practiced in the Plum Village tradition of Thích Nhất Hạnh since 2001. Formerly a magazine editor and writer, Mary is now a teacher who enjoys teaching mindfulness to her high school and adult students and sharing her practice with other educators.

PARALLAX PRESS  
TR: 9781952692628 | \$19.95 US | \$25.95 CAN  
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BISAC 1: Philosophy - Zen  
BISAC 2: Biography & Autobiography - Social Activists  
BISAC 3: Body, Mind & Spirit - Mindfulness & Meditation





“Rosen’s unwavering commitment to moving modern mindfulness beyond the realm of self-care and toward the shift in collective consciousness is the approach we so desperately need now.”

—Meena Srinivasan, author of *Teach, Breathe, Learn*

**A holistic system for gaining and maintaining the stability of mind needed for personal and social transformation— with simple, body-based exercises grounded in neuroscience and mindfulness**

With three decades working in marginalized communities in the US, Israel, and the West Bank, mindfulness teacher and psychotherapist Jo-ann Rosen offers a wealth of wisdom and gentle humor in supporting people to access their inner strength and stability—even amidst outer chaos and catastrophe. Rosen draws on the example and practices of her teacher, the peace activist and Vietnamese Buddhist monk Thích Nhất Hạnh, who founded Plum Village mindfulness practice centers worldwide as places of healing and restoration, to show how meditation can aid collective awakening.

Time and time again, even in places where trauma is commonplace, Rosen has seen that a regulated nervous system allows an individual to move from overwhelm and despair to stability and engagement. The Plum Village approach to well-being cultivates resilience while recognizing the unique social and ecological challenges of our times.

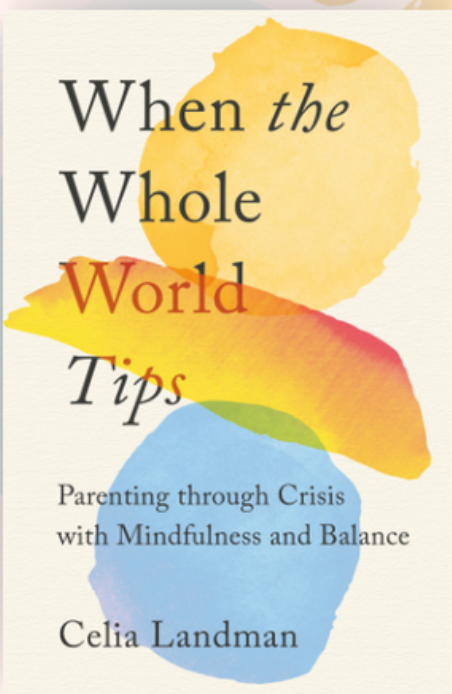
In *Unshakeable*, Rosen shares the methods by which we can broaden our resilience, calm our nerves, and positively impact the collective consciousness. By following the practices in this book, we can find an unshakeable source of strength within, not only as individuals, but also as members of strong communities for positive change.

**Jo-ann Rosen, LMFT**, is an educator, licensed psychotherapist, and lay Dharma teacher in Thích Nhất Hạnh's Plum Village Community of Engaged Buddhism. Her work focuses on the intersection of neuroscience, mindfulness, and social change. She is one of the guiding teachers of EMBRACE (Embodying Mindfulness-Based Resilience to Awaken Community Empowerment), a new resource for transforming trauma. She received her professional and clinical training at the University of California at Berkeley and the University of San Francisco. A member of Thích Nhất Hạnh's core Tiep Hien Order of Interbeing community since 1996, she received the Lamp of Wisdom and authorization to teach from Thích Nhất Hạnh in 2012. She lives with her partner of forty years in rural Northern California.

PARALLAX PRESS  
TR: 9781952692574 | \$22.95 US | \$28.95 CAN  
EL: 9781952692673 | \$12.99 US | \$17.95 CAN  
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BISAC 1: Self-Help - Meditations  
BISAC 2: Self-Help - Post-Traumatic Stress Disorder (Ptsd)  
BISAC 3: Body, Mind & Spirit - Mindfulness & Meditation



ALSO OF INTEREST



9781946764782  
TR \$17.95 | EL \$12.99



9781941529928  
TR \$18.95 | EL \$12.99

“A lovely, life-saving resource for parents looking to find their own unique and authentic way through difficult life circumstances.”

—Sarah Peyton, author of *Your Resonant Self*

This crisis-tested approach to mindful caregiving is about finding support, letting go of the illusion of control, and caring for yourself

Move from helplessness to stability in challenging times through the practice of mindful equanimity. By adopting a spiritual approach to parenting and caregiving, you can protect yourself from burnout, increase your resilience, and develop a greater sense of empathy and balance. Drawn from Buddhist wisdom, this new approach to showing up in overwhelming circumstances is about slowing down, letting go of the illusion of control, and caring for yourself so that you can be a presence of love and support even in the most difficult moments.

We love our children more deeply than our own selves, yet are powerless to keep them from pain. Parenting one child through physical injury and another through depression and suicide attempts, Celia Landman guides parents at their limit back from helplessness to stability through the ancient practice of equanimity.

Contemporary neuroscience and developmental psychology research demonstrates how a parent’s state of anxiety is directly communicated to the child and can intensify their pain. Landman gently guides parents to restore their own balance through understanding how to keep their heart open.

Woven throughout are practices to help parents understand that their emotional state of being is as important

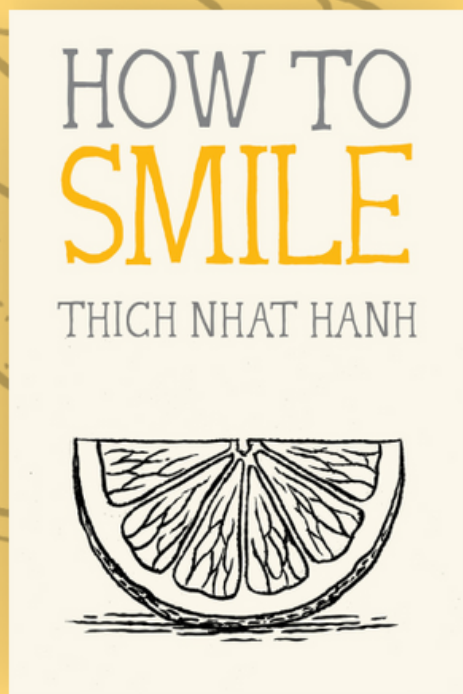
as what they do. When we recognize that being a presence of love and care is already doing something of great value, it can reconnect us with purpose and restore our trust that we are capable and enough.

**Celia Landman** is a mindfulness educator offering support to teens and adults. She draws from her range of experience working with folks impacted by trauma, addiction, and anxiety to create customized meditation, visualizations, and trainings that reconnect us to our wholeness. Mindfulness has brought greater happiness and stability to Celia Landman's life and her greatest aspiration is to help others recognize their true nature of love and ability. She lives in Litchfield, Connecticut.

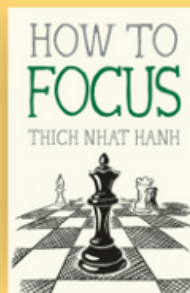
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BISAC 1: Family & Relationships - Life Stages - Teenagers  
BISAC 2: Body, Mind & Spirit - Mindfulness & Meditation  
BISAC 3: Family & Relationships - Dysfunctional Families



ALSO OF  
INTEREST



9781952692178  
TR \$9.95 | EL \$6.99



9781946764546  
TR \$9.95 | EL \$6.99

“When we learn to acknowledge,  
embrace, and understand our suffering,  
we suffer much less.”

—Thích Nhất Hạnh

The latest book in the bestselling How To series: simple, refreshing meditations that offer inspiration and tools to cultivate happiness

In inspiring passages and simple exercises, Zen Master Thích Nhất Hạnh 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 along with 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 fostering true understanding and peace in our communities, society, and the world. Thích Nhất Hạnh 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.

**Thích Nhất Hạnh** 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 inter-national 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, Từ Hiếu, in Huế, Vietnam.

PARALLAX PRESS  
TR: 9781952692437 | \$9.95 US | \$13.50 CAN  
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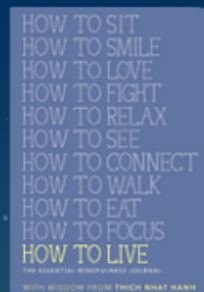
Page Count: 128  
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BISAC 1: Self-Help – Personal Growth – Happiness  
BISAC 2: Body, Mind & Spirit – Mindfulness & Meditation  
BISAC 3: Philosophy – Zen





**ALSO OF INTEREST**



9781952692307  
IP \$14.95



9781937006884  
TR \$9.95 | EL \$6.99

Organized around common obstacles and opportunities, *Peace Is This Moment* offers 365 short reflections that encourage a mindful engagement with the world.

**With these daily practices, we discover that the deepest peace—the only peace—is available right now**

This deep and simple volume brings together some of Thich Nhất Hạnh's most insightful teachings to inspire our daily mindfulness practice. Through 365 short reflections on common obstacles and opportunities, *Peace Is This Moment* encourages us to engage more skillfully with life on every level. Presented in an accessible, page-a-day format, this book is a perfect companion for experienced and new practitioners.

Featuring carefully selected passages from Thich Nhất Hạnh's vast collection of published works, *Peace Is This Moment* offers guidance on a diverse range of topics, including:

- Letting go of views about ourselves and others
- Reconciling with loved ones
- Decompartmentalizing our lives
- Transforming ordinary moments into extraordinary ones
- Meeting the present moment—wherever we find ourselves—with equanimity, solidity, and peace

With these daily practices, we discover that the deepest peace—the only peace—is available right now.

**Thích Nhất Hạnh** 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 inter-national 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, Từ Hiếu, in Huế, Vietnam.

PARALLAX PRESS  
TR: 9781952692604 | \$19.95 US | \$25.95 CAN  
EL: 9781952692611 | \$12.99 US | \$17.95 CAN  
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BISAC 1: Body, Mind & Spirit - Mindfulness & Meditation  
BISAC 2: Self-Help - Personal Growth - Happiness  
BISAC 3: Self-Help - Motivational & Inspirational



**A card deck with 50+ prompts, exercises, and meditations from the bestselling How To series by the Zen Buddhist teacher who introduced mindfulness to the Western world**

Enjoy the wisdom and inspiration of the bestselling Mindfulness Essentials Series (*How to Love*, *How to Relax*, *How to Sit*, *How to Walk*, and more) from Thich Nhất Hạnh, with over 1 million combined sales in the US alone, in this engaging and easy-to-use card deck. These cards can be used daily for contemplation, or displayed around your home or office for inspiration.

- More than 50 cards, color coded by topic and featuring the sumi-ink artwork of Jason DeAntonis
- Each card contains a reflection or practice, along with an illustration
- Brings a fresh spirit to your mindfulness practice

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

**Thích Nhất Hạnh** 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 inter-national 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, Từ Hiếu, in Huế, Vietnam.

PARALLAX PRESS  
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BISAC 1: Body, Mind & Spirit - Mindfulness & Meditation  
BISAC 2: Self-Help - Personal Growth - Happiness  
BISAC 3: Philosophy - Eastern



**ALSO OF INTEREST**



9781952692185  
TR \$17.95 | EL \$12.99



9781946764829  
TR \$17.95 | EL \$12.99

Designed to break through all metaphysical speculation, these teachings help us let go of our ideas and go in the direction of understanding and compassion.

**The next installment of the "Sutra Series":  
Zen Master Thích Nhất Hạnh'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 Thích Nhất Hạnh, taken from talks given at two 3-month-long retreats, helps bring these teachings into our daily life. They are strong teachings, designed to break through all metaphysical speculation.

**Thích Nhất Hạnh** 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 inter-national 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, Từ Hiếu, in Huế, Vietnam.

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

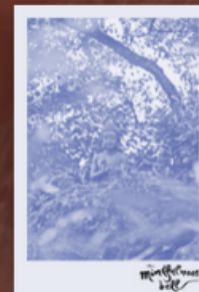




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9781952692505  
TR \$17.95 | EL \$12.99

## Can Mother Earth Count On Us? Issue 92, 2023

**This issue of the journal of the art of mindful living in the Plum Village tradition of Thích Nhất Hạnh pays homage to his vision of deep ecology as we share our experience with climate change**

In this issue we pay homage to Thầy's vision of deep ecology, as we share our experience with climate change: in "A Love Letter to the Planet" Thích Nhất Hạnh shares intimate conversations with Mother Earth; Brother Pháp Lưu offers a continuation of the Earth Peace Treaty—a new series of earth-touchings and an updated commitment sheet; Dharma teacher Jem offers insights from his deep Earth holding practice, surviving cancer, and disrobing after eighteen years as a monk; a Dharma talk by Brother Pháp Dung from the Zen and the Art of Saving the Planet online course; practitioners share about living gently on the Earth and connecting with nature; sharings from Happy Farm, Wake Up, Wake Up Schools, the Earth Holder Community, and the Thích Nhất Hạnh Foundation; poetry, a recipe from the monasteries, and much more.

We hope the visions shared in this issue will encourage each of us to engage with our world and each other mindfully and lovingly.

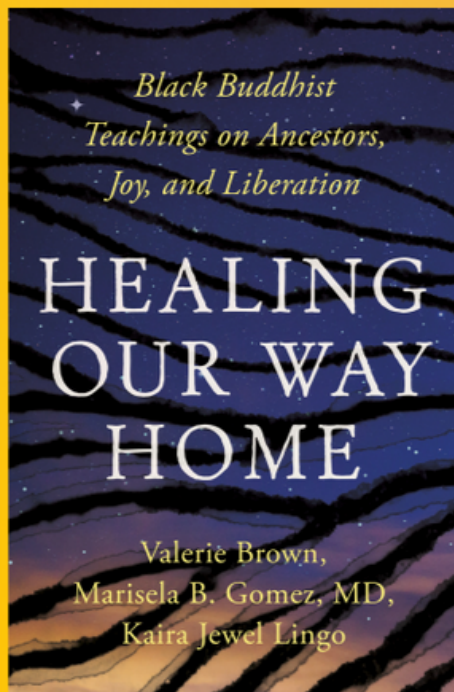
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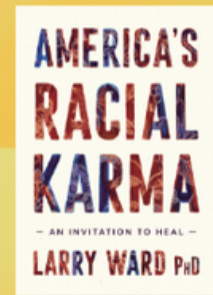
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“This powerful trinity of Black authors invites us into the living room of their hearts, affirming who we are with earthy straight talk, textured diversity, and wise tenderness.”

—Ruth King, author of *Mindful of Race* and *Healing Rage*

**Real talk on living joyfully and coming home to ourselves—  
with reflective self-care practices to help us on our  
interconnected journeys of liberation**

Join three friends, three Black women, all teachers in the Plum Village tradition founded by Zen Master Thích Nhất Hạnh, in intimate conversation, touching on the pain and beauty of their families of origin, relationships and loneliness, intimacy and sexuality, politics, popular culture, race, self-care and healing. No subject is out of bounds in this free-flowing, wide-ranging offering of mindful wisdom to nourish our sense of belonging and connection with ancestors.

Authors Valerie Brown, Marisela Gomez, MD, and Kaira Jewel Lingo share how the Dharma's timeless teachings support their work for social and racial equity and justice in their work and personal lives. The book offers insights in embodied mindfulness practice to support us in healing white supremacy, internalized racial oppression, and social and cultural conditioning, leading to a firm sense of belonging and abiding joy.

**Valerie Brown** is a Buddhist-Quaker Dharma teacher, facilitator, and executive coach. A former lawyer and lobbyist, she is co-director of Georgetown's Institute for Transformational Leadership as well as founder and chief mindfulness officer of Lead Smart Coaching. She is an ordained Buddhist Dharma teacher in Thích Nhất Hạnh's Plum Village tradition. She holds a juris doctor from Howard University School of Law.

**Marisela B. Gomez, MD**, is a community activist, author, public health professional, and physician scientist. She received a BS and MS from the University of New Mexico in Albuquerque, and MD-PhD, and MPH from Johns Hopkins University. Past writings address social capital and health, disparities in mental health care in incarcerated populations, community organizing and development, and mindfulness practices in organizing. She lives in Baltimore, Maryland.

**Kaira Jewel Lingo** is a mindfulness and meditation teacher with a lifelong interest in blending spirituality and meditation with social justice. At the age of 25 she entered a Buddhist monastery and spent 15 years living as a nun under the guidance of Zen Master Thích Nhất Hạnh. She is also a teacher in the Vipassana Insight lineage through Spirit Rock Meditation Center.

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**THICH NHAT HANH**

**Love**  
*in Action*

**WRITINGS ON NONVIOLENT  
SOCIAL CHANGE**

FOREWORDS BY BROTHER CHAN PHAP DUNG  
AND DANIEL BERRIGAN

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AT HOME IN THE WORLD**

STORIES AND ESSENTIAL TEACHINGS  
FROM A MONK'S LIFE

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**“Love enables us to see.”**  
—Thích Nhất Hạnh

Twenty-one key essays and poetic writings on nonviolence and reconciliation by Vietnamese peace activist Zen Master Thích Nhất Hạnh

“The essence of nonviolence is love,” Thích Nhất Hạnh 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 Thích Nhất Hạnh’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, Thích Nhất Hạnh 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, Thích Nhất Hạnh 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*.

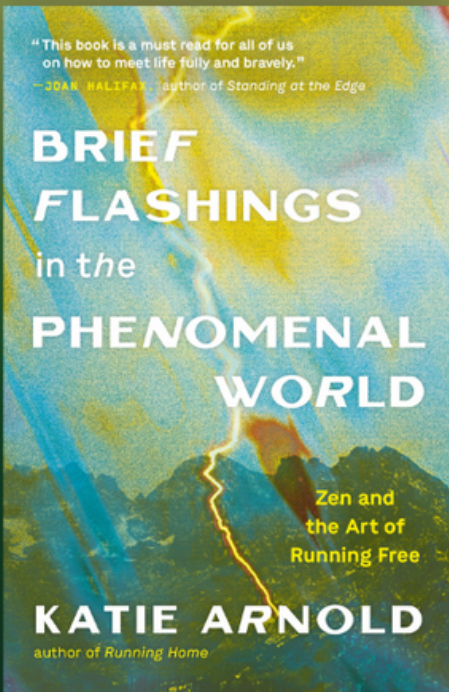
**Thích Nhất Hạnh** was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled 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 inter-national 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, Từ Hiếu, in Huế, Vietnam.

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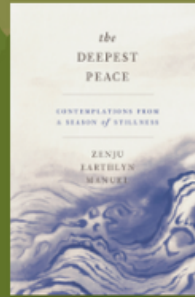
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“Katie Arnold does not turn back but turns toward and then turns inward in this miraculous and beautiful book about awakening. It is a must read for all of us on how to meet life fully and bravely.”

—Joan Halifax, author of *author of Standing at the Edge*

**A Zen study wrapped in a memoir of destruction and healing written by an elite ultrarunner as she struggles to make it to the other side of a life-shattering injury with her sanity, and her marriage, intact**

After flipping her raft days away from help on a trip down the remote Salmon River, Katie Arnold’s shattered leg tests both her spirit and her marriage for years to come. It also reignites her meditation practice and motivates her to dive into Zen in search of healing. Before the accident, Katie was an elite ultrarunner with a simmering but adequate marriage who avoided being indoors whenever possible. But who is she afterwards?

In the midst of hardship, Katie turns for support to the Zen practice she had long dabbled in. *Brief Flashings in the Phenomenal World* is a Zen study wrapped in a memoir that tells the story of a search for stillness by a woman born for wildness. Spanning roughly two years, from shortly before the accident through the long, uncertain healing of both leg and marriage, it is a personal narrative of that tumultuous time nested inside meditations on Zen.

Having gone from a reluctant spiritualist to a Zen practitioner over the course of a decade, Katie Arnold offers unique company for those seeking nature’s exquisite highs as well as for creatives, spiritualists, and sensualists who want to slow down and examine the possibilities of a well-lived life. As the late Japanese master Shunryu Suzuki wrote,

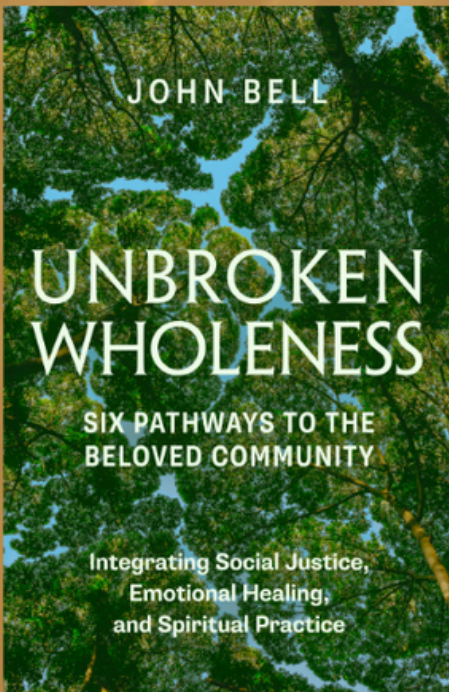
“Sometimes a flashing will come through the dark sky.” These brief flashings are enlightenment—moments when we suddenly feel as if we’re part of everything, and everything’s part of us. This book is about how to experience the flashings when they come, and about what they mean for how we live our lives.

**Katie Arnold** is the author of *Running Home* and a contributing editor at *Outside Magazine*. Her work has been featured in *The New York Times*, *Men’s Journal*, *ESPN Magazine*, *Marie Claire*, *Runner’s World*, *Elle*, and *Sunset*, as well as on NPR Weekend Edition Sunday and The Upaya Zen Center Podcast. Katie lives in Santa Fe, New Mexico, with her husband, Steve Barrett, their two daughters, and two dogs.

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“This book will change many lives. It is the result of a life deeply and courageously lived. These teachings will take us closer to realizing the Beloved Community we all yearn for.”

—Kaira Jewel, author of *We Were Made for These Times*

**Distilling a lifetime’s insights on healing emotional pain, social justice work, and spiritual growth, veteran activist and educator John Bell shares stories and practices to help us on our path of transformation**

*Unbroken Wholeness* brings an integrated lens of social justice, trauma healing, and spiritual practice to the work we do in the world and the pressing concerns of our times.

Collectively, these writings help us access a view of the world as unbroken, even in the face of obvious suffering and disharmony. With searching questions and easy-to-follow practices, *Unbroken Wholeness* offers a way for activists to apply mindfulness and insight to bring about healing for seemingly intractable social divisions. “Skillfully handling our emotional pain about the world while cultivating a joyful and kind heart helps us navigate the troubled waters of our life,” says John Bell. Continuing the peace work of his teacher, the Vietnamese social activist and Zen master Thích Nhất Hạnh, John Bell brings forward the importance of cultivating a practical yet visionary, ennobling view of humankind when engaging in the “mud” of daily difficulties that gives rise to the lotus of an enlightened, compassionate heart.

**John Bell**, a direct student of Zen Master Thích Nhất Hạnh since 1982, is a teacher in the Plum Village tradition. He has served on the boards of the Earth Holders Community climate justice initiative, the racial justice initiative ARISE, and the North American Dharma Teachers Sangha.

In his wider life, he has 40 years of experience in the youth field as an educator, counselor, community organizer, leadership trainer, and program director. He is a founding member of three youth leadership organizations: East Harlem’s Youth Action Program (in 1978); Children of War (in 1984); and YouthBuild USA (in 1988). Until his retirement, John was the vice president for leadership development at YouthBuild USA ([www.youthbuild.org](http://www.youthbuild.org)), an international nonprofit with 350 programs in 15 countries providing young people with further education, vocational training, and leadership skills. A nationally recognized trainer and consultant in youth leadership development, Bell lives near Boston.

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“Freedom is not given to us by anyone;  
we have to cultivate it ourselves.”

—Thích Nhất Hạnh

In his first American prison talk, Thích Nhất Hạnh illustrates how the conditions for happiness are always available, even in the most difficult of circumstances

This is the new edition of the Spanish translation of *Be Free Where You Are*, Zen Master Thích Nhất Hạnh’s compendium of core teachings. Based on Thích Nhất Hạnh’s first talk given in an American prison, this book demonstrates how we can generate freedom through mindfulness practice no matter where we are.

“The power of the setting and the teacher’s generosity jump off these pages...This is living Buddhism at its best.”—*Shambala Sun*

“Thich Nhat Hanh’s guidance and the practices in this book help us all walk toward freedom. As he so compassionately reminds us, ‘Freedom is possible now!’”—Sita Lozoff, Founder and Spiritual Director of the Human Kindness Foundation

**Thích Nhất Hạnh** 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 inter-national 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, Từ Hiếu, in Huế, Vietnam.

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Beloved children's book authors Jaimal Yogis and Matthew Allen are back with a new children's book about how mindfulness begins with a leap of faith

Drip and Drop are just a couple of care-free clouds floating on the breeze. But when Sky Dive Day hits, they're forced to discover what they're really made of (and yes, their names are a hint). Join Drip and Drop on this hilarious and heart-warming adventure as they struggle to embrace change, face their fears, and open their hearts while also getting a first-hand crash course in the water cycle.

**Jaimal Yogis** is the author of numerous books including *Mop Rides the Waves of Life*, which was named a 2020 Favorite of The Children's Book Review, *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 The 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. Matthew lives in Costa Mesa, California.

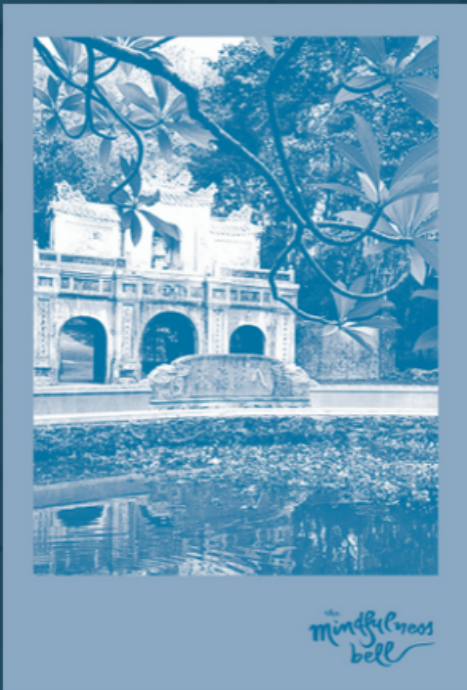
**Praise for Jaimal Yogis' and Matthew Allen's Mop Rides the Waves series**

"Kindergarten story times will benefit from the focus on emotions and learning mindfulness, with the simple breathing exercises to help children discover how to navigate daily highs and lows."—*School Library Journal*

"Through clear language and charming illustrations, this book offers children and adults a useful metaphor for how to be mindful in every aspect of our lives—in times of joy, and also in those inevitable moments that challenge us."—*Lion's Roar*

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## The Goodwill of Our Ancestors

Issue 93, 2024

This issue of the journal of the art of mindful living in the Plum Village tradition of Thích Nhất Hạnh reflects on continuation, touching the ancestral stream, and feeling connected with the deep, rich Plum Village lineage

On January 29, 2024, Thích Nhất Hạnh formally becomes an ancestral teacher of Từ Hiếu, the root temple of the Plum Village tradition.

Thầy said “The ancestors have already prepared everything.”

This issue of *The Mindfulness Bell* reflects on continuation, touching the ancestral steam, and feeling connected with the deep, rich Plum Village lineage. Sister Chân Đức shares about our teacher’s lineage as a peace activist; Dharma teacher Mitchell Ratner reflects on his pilgrimage tracing Thích Nhất Hạnh’s lineage in Vietnam; an interview with Hoà Thượng Giác Quang, a Most Venerable from Huế, Vietnam, explores the importance of the many ceremonies remembering and honoring Thầy’s passing; lay friends answer what it means that Thầy is our ancestral teacher; sharings from ARISE, Happy Farm, Wake Up Schools, the Earth Holder Community, and the Thich Nhat Hanh Foundation; poetry; a recipe from the monasteries; and much more.

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## Our Mission, Founder, and Community

Parallax Press is a nonprofit publisher founded by Zen Master Thích Nhất Hạnh. We publish books and media on the art of mindful living and Engaged Buddhism. We are committed to offering teachings that help transform suffering and injustice. Our aspiration is to contribute to collective insight and awakening, bringing about a more joyful, healthy, and compassionate society.

Zen Master Thích Nhất Hạnh was a global spiritual leader, poet, and peace activist, revered around the world for his pioneering teachings on mindfulness, ethics, and peace. *Time* magazine called him “the monk who taught the world mindfulness.” Thích Nhất Hạnh founded the Unified Buddhist Church in 1969 during the war in Vietnam, which was renamed the Plum Village Community of Engaged Buddhism. Establishing its first practice community in France in 1975 during Thích Nhất Hạnh’s exile from Vietnam, the Plum Village Community of Engaged Buddhism is now the largest Buddhist monastic tradition outside Asia, with mindfulness practice centers around the world where visitors can enjoy the art of mindful living.

## Prison Practitioner Book Program

Our ongoing Prison Practitioner Book Program provides free books to people who would otherwise find it difficult or impossible to obtain access to materials on mindfulness, compassion, transformation, healing, and freedom. We receive dozens of personal handwritten letters each week from individuals suffering incarceration asking for resources on mindfulness and meditation. We have been sending books and issues of *The Mindfulness Bell* to schools, community projects, and prisons for over 25 years. In the past, we have sent out more than 1,500 copies of books and magazines each year. Parallax Press and *The Mindfulness Bell* have donated more than 25,000 books and magazines since 1995. To enquire about books for incarcerated people, email [prisonproject@parallax.org](mailto:prisonproject@parallax.org).

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