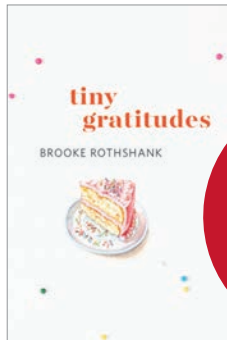
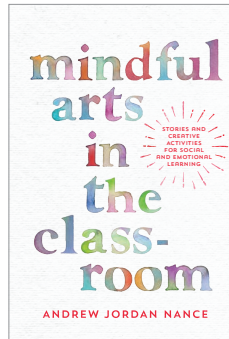
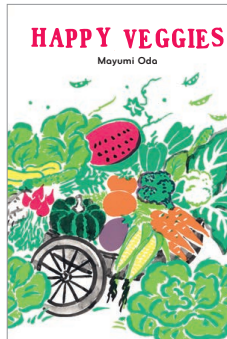
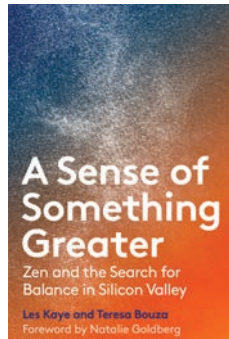
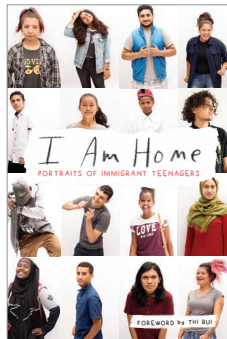
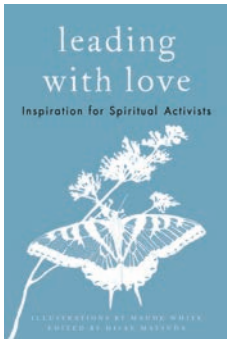
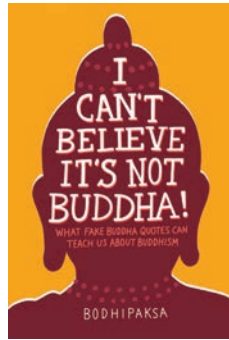
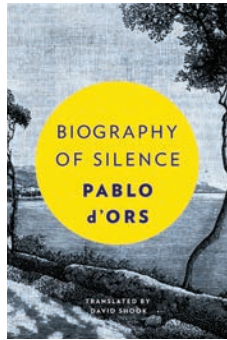
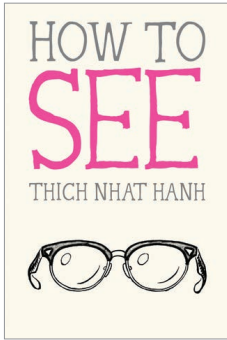


PARALLAX PRESS

FALL 2018—SPRING 2019



PARALLAX
PRESS



25% off
 one purchase
 CODE: Catalog1819
 offer ends 12/31/18

Dear Readers,

Thich Nhat Hanh's teaching *Are you sure?* seems to be more relevant each day, cautioning us to question everything, especially our perceptions. His newest book in the Mindfulness Essentials series, *How to See*, is forthcoming in Spring 2019 and offers ways to transform our misperceptions and cultivate insight and understanding. The Mindfulness Essentials series has now reached over half a million readers, and we are excited to continue to offer the depth of Thich Nhat Hanh's wisdom in a pocket-sized package.

Our Fall 2018 books are some of our most varied and exciting to date. A luminous essay on the joys of Zen meditation, and a publishing phenomenon in Spain when it was first released, *Biography of Silence* is the first English translation of the work of Pablo d'Ors, a Spanish Catholic priest. *I Can't Believe It's Not Buddha!* is author Bodhipaksa's humorous investigation into the proliferation of "fake Buddha quotes,"—sayings widely recirculated but falsely attributed to the Buddha.

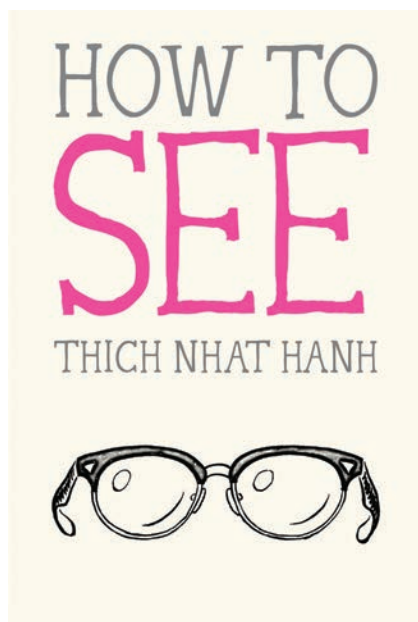
We have two books in particular this fall that beg to be wrapped up and offered as a gift. *Leading with Love* pairs inspirational quotes by spiritual activists such as Thich Nhat Hanh, Martin Luther King Jr., and Joanna Macy with delicate cut paper illustrations by artist Maude White. *Tiny Gratitudes* features exquisite miniature paintings of everyday objects by artist Brooke Rothshank.

Mindfulness practice is finding a home in many fields, including education and business. *Mindful Arts in the Classroom*, by Andrew Nance, is perfect for the teacher who wants to bring mindfulness to children through storytelling and games. *A Sense of Something Greater: Zen and the Search for Balance in Silicon Valley*, by Les Kaye and Teresa Bouza, catalogues the search for fulfillment and purpose in the tech industry.

In addition to *How to See*, Spring 2019 brings the publication of Sister Annabel Laity's long-awaited memoir, *True Virtue*. Sister Annabel, or Sister Chan Duc, was the first Western woman to be ordained in Thich Nhat Hanh's Zen lineage, and her memoir is a testament to the importance of spiritual exploration and community.

Thank you for reading, and may we all read more.

The Parallax Press staff



How to See

THICH NHAT HANH, ILLUSTRATED BY JASON DeANTONIS

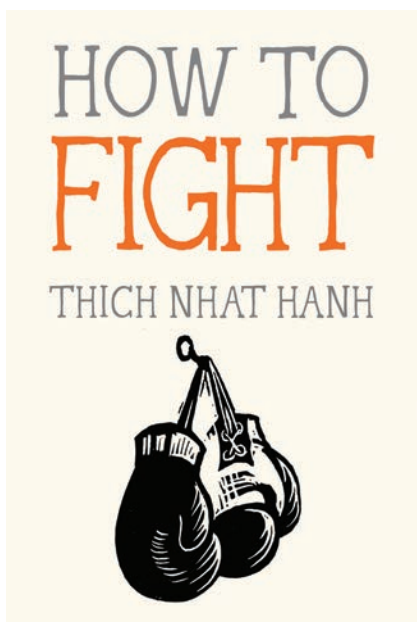
In this latest addition to the bestselling Mindfulness Essentials Series, Thich Nhat Hanh invites us to look deeply into the nature of things, objects, emotions, and perceptions. *How to See* is pocket-sized and includes original sumi ink drawings by California artist Jason DeAntonis.

Thich Nhat Hanh is one of the most revered Zen teachers in the world today. In 1967, Nobel Laureate 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 April 2019

\$9.95 | 128 pp | pbk | 978-1-946764-33-1 | eBook \$6.99



How to Fight

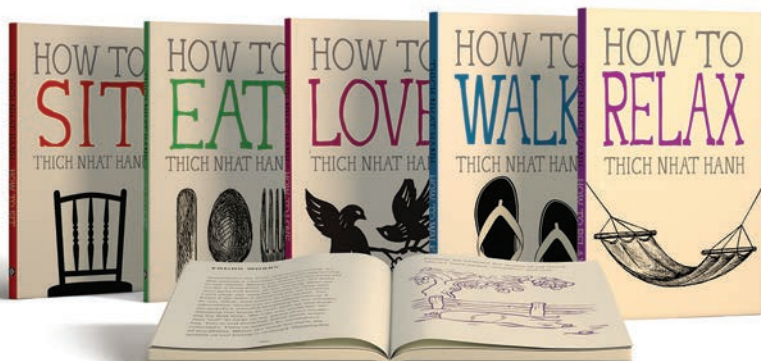
THICH NHAT HANH, ILLUSTRATED BY JASON DeANTONIS

Thich Nhat Hanh brings his signature clarity, compassion, and humor to the ways we act out of anger, frustration, despair, and delusion. Bite-size meditations help us to transform craving and confusion through mindfulness and kindness toward ourselves and others. With gold sumi ink drawings.

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. 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.

\$9.95 | 128 pp | pbk | 978-1-946764-86-7 | eBook \$6.99



Mindfulness Essentials

Thich Nhat Hanh's bestselling series of pocket-sized guides on bringing mindfulness to daily activities. The first five titles in the series are also available in a handsome boxed set.

HOW TO SIT \$9.95 | 120 pp | pbk | 978-1-937006-58-7 | eBook \$6.99

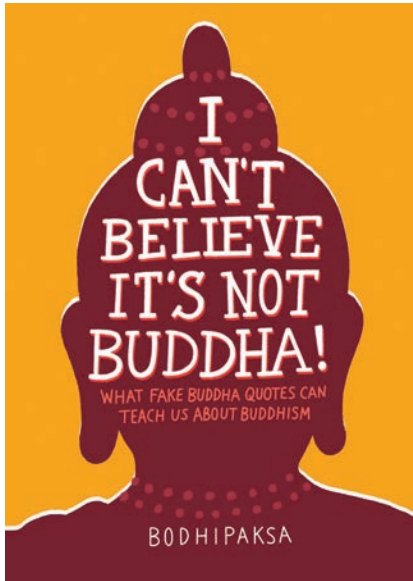
HOW TO EAT \$9.95 | 128 pp | pbk | 978-1-937006-72-3 | eBook \$6.99

HOW TO LOVE \$9.95 | 128 pp | pbk | 978-1-937006-88-4 | eBook \$6.99

HOW TO WALK \$9.95 | 120 pp | pbk | 978-1-937006-92-1 | eBook \$6.99

HOW TO RELAX \$9.95 | 120 pp | pbk | 978-1-941529-08-9 | eBook \$6.99

HOW TO LIVE: Boxed Set of the Mindfulness Essentials Series \$49.75 | 978-1-941529-47-8



“I love this book.”

—The Buddha



I Can't Believe It's Not Buddha!

What Fake Buddha Quotes Can Teach Us About Buddhism

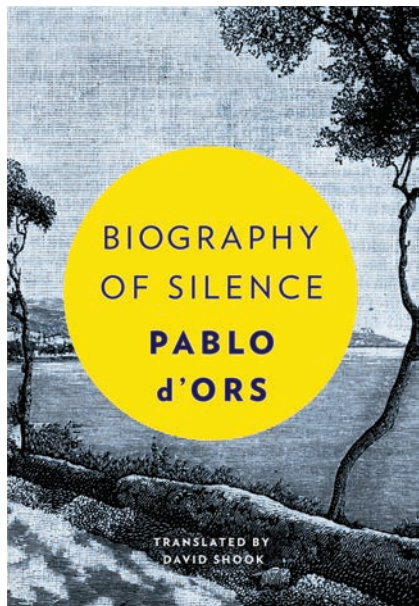
BODHIPAKSA

Quotes from the Buddha are everywhere: on Facebook, Instagram, coffee mugs, posters. There's only one problem: the Buddha didn't actually say most of them. This humorous and informative book takes these fake Buddha quotes as a launching point for a discussion on what the Buddha really did say, and is a great entry point for those interested in learning more about Buddhism—what it is, and what it isn't. The perfect gift for the Buddhist in your life and an essential addition to any Buddhist library, *I Can't Believe It's Not Buddha!* is at once humorous and scholarly, and a timely antidote to the “fake news” that can surround some of the Buddha's teachings.

Bodhipaksa has been examining and sharing fake Buddha quotes since 2003, most recently on the website fakebuddhaquotes.com. He runs the online meditation center Wildmind to promote awareness of the positive effects of meditation and has a particular interest in teaching meditation in prisons.

Available November 2018

\$11.95 | 144 pp | pbk | 978-1-946764-35-5 | eBook \$10.99



“The word ‘God’ is mentioned only a handful of times, but few books have rendered me more vulnerable to a divine encounter. Pablo d’Ors has given us a literary and spiritual gift.”

—Brian D. McLaren, *The Great Spiritual Migration*



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. With disarming honesty and directness, as well as a striking clarity of language, d’Ors shares his struggles as a beginning meditator: the tedium, restlessness, and distraction. But, persevering, the author discovers not only a deep peace and understanding of his true nature, but also that silence, rather than being a retreat from life, offers us an intense engagement with life just as it is. A publishing phenomenon in Spain, *Biography of Silence* shows us the deep joy of silence that is available to us all.

Pablo d’Ors is a Spanish priest and writer. In 2014, Pope Francis made him a consultant of the Pontifical Council for Culture. D’Ors has published almost a dozen fiction and nonfiction titles, which have been translated into French, German, Italian, Portuguese, and other languages. This is his first English translation.

David Shook is a poet and translator in Los Angeles. He has translated over fifteen books from Spanish and Isthmus Zapotec.

Available October 2018

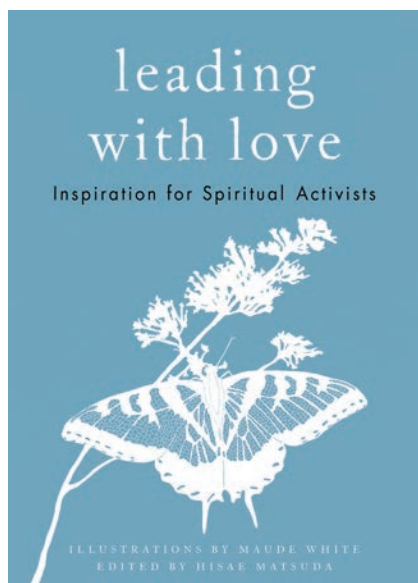
\$14.95 | 112 pp | hardcover | 978-1-946764-23-2 | eBook \$12.99

“In accessible language reminiscent of Thomas Merton, d’Ors’s enchanting book, a bestseller in Spain, channels his Catholic spiritual heritage into a persuasive meditation guide for Western readers.”

—*Publishers Weekly, Starred Review*

“Silence, at least as I have lived it, is nothing special. Silence is only the frame and context that makes everything else possible. And what is everything else? The surprising thing is that it’s not anything, absolutely nothing: life itself going by, nothing special. Of course I say nothing, but I could also say everything.

For someone like me, Western down to my medulla, it was a great achievement to understand, and to begin to experience, that I could exist without thinking, without planning, without imagining, to exist without making the most of things, without producing: to be in the world, to merge into it, a worldly being and the world itself, without the Cartesian divisions or distinctions that I was so accustomed to because of my education.”



Leading with Love

Inspiration for Spiritual Activists

EDITED BY HISAE MATSUDA, ILLUSTRATIONS BY MAUDE WHITE

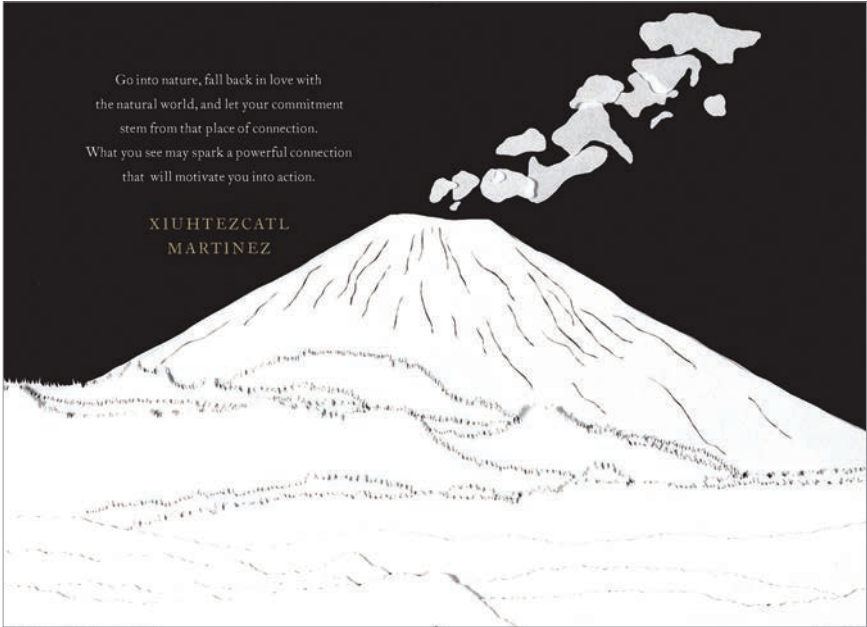
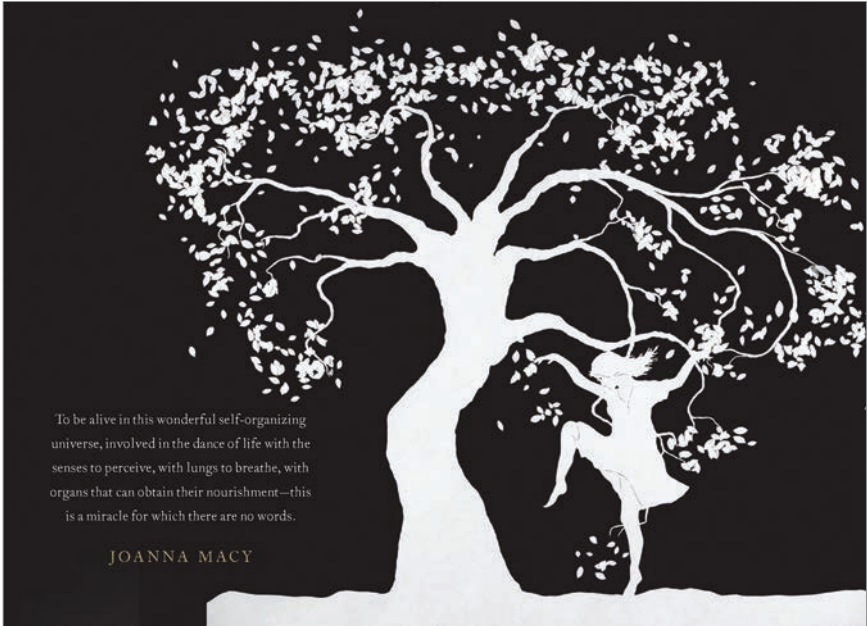
As the world burns with anger, divisiveness, and fear, this book of inspiring quotations selected by the editors of Parallax Press is a steady, calm voice in the storm that will bring peace. In the tradition of spiritual activists from Martin Luther King Jr. and Thich Nhat Hanh to new and lesser known voices, this book of 100 quotes draws from a range of contemplative traditions and offers wisdom and nourishment for anyone working for a more compassionate world. With delicate cut-paper illustrations by artist Maude White, this book speaks to the vulnerability and courage of holding space for the loving, connected, and more beautiful world our hearts know is possible.

Hisae Matsuda is an editor who focuses on books about personal and community healing. She is especially interested in sharing voices that are not usually heard. Born in Japan and raised in London, she lives in the San Francisco Bay Area.

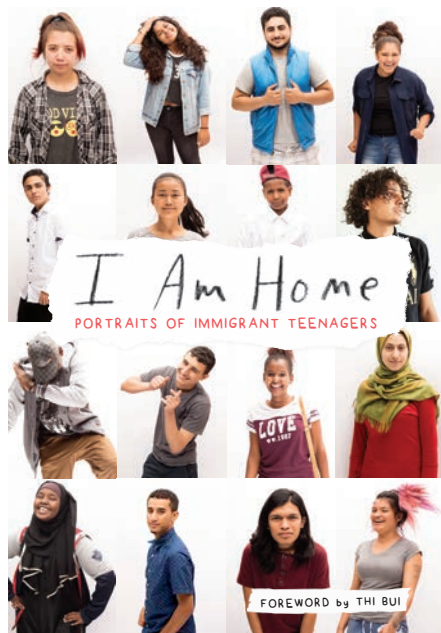
Maude White is a cut-paper artist living in the Hudson Valley. She loves the great strength and delicacy of paper. In pursuing her work, she makes visible the immense world of possibilities that every piece of paper holds.

Available October 2018

\$14.95 | 208 pp | hardcover | 978-1-946764-37-9 | eBook \$12.99



New!



I Am Home

Portraits of Immigrant Teenagers

**EDITED BY RACHEL NEUMANN,
PHOTOGRAPHS BY ERICKA McCONNELL**

Meet the faces and voices behind the conversations surrounding immigration. These portraits of teenagers from all over the world who are recent immigrants show the diversity, beauty, and potential of the people who now call the United States of America home. *I Am Home* features full-page portraits of students at Oakland International High School, photographed by award-winning photographer Ericka McConnell. These portraits are accompanied by the students' own unique and surprising stories of what makes them feel at home: everything from family, to safety, to pizza. All profits from the sale of this book will be donated to Oakland International High School.

Oakland International High School (OIHS) is a public school in Oakland Unified School District. OIHS serves over 380 students from over thirty-three countries. Nearly all OIHS students have immigrated to the United States during the previous four years.

Available September 2018

\$22.95 | 120 pp | pbk | 978-1-946764-11-9 | eBook \$16.99

Najiba Mahdavi

age 21 / Rural Afghanistan

In Afghanistan, our house was pretty small, but it wasn't too small. We had one room. All of the kids were little, though, so we liked being in one small room together. It wasn't a problem.

We had a big yard full of flowers and trees. It was so pretty. If I wanted space, I could go into the yard. Our house was far from town. If you wanted to buy soap or paper or anything you needed, you had to walk twenty or thirty minutes. I had some friends, but they lived far away so I didn't see them often. I had one sister and two brothers, so that is who I played with.

Now my home is three rooms. It is bigger than my old house but we are bigger, too. We live on the second floor. It is okay, but we don't have a yard. That is something I miss. When I woke up in my old home, I smelled flowers. But here I don't smell anything. If I smell anything, it is because it smells bad.



24

Jhonatan Gonzalez

age 18 / Guatemala City, Guatemala

Guatemala City is a big place, but I lived in a small house. I lived with my brothers because my mom went to the United States to have a better life. My brothers and I came to the United States a little over a year ago. I liked the food in Guatemala; I love tamales, pepián, chuchitos, and empanadas. My brothers are nine-teen and thirteen, so I'm the middle brother. My grandma and my aunts are still in Guatemala City.

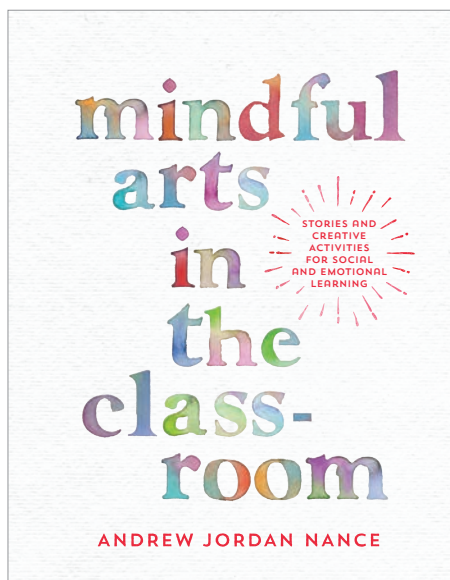
Now I live with my brothers and my mother in the United States. It's good—I feel happy because I haven't lived with my mother in ten years. When I saw my mother, I was crying. I was very happy and also sad. She was here in Oakland for the past ten years. She worked hard to get the papers so that we could get into the country.

I like living here, but when it was my first day here in this school, it was very different. I didn't understand anything in class. I started picking up the language, though, and I started to enjoy living here more. I like Oakland because it's different. It has some variety. Sometimes it's cool and sometimes it's hot.

When I close my eyes and think of home, I think of my family—my father, my mother, and my brothers—all my family, together and happy. It doesn't matter where we are. It just matters that we're together.



25



Mindful Arts in the Classroom

Stories and Creative Activities for Social and Emotional Learning

ANDREW JORDAN NANCE

Written for the teacher or camp director who wants to incorporate mindfulness, social and emotional learning (SEL), and the arts into their curriculum, this book offers a complete course that helps kids identify and talk about their feelings, self-regulate and self-soothe when stressed, and learn mindfulness from fun and easy practices. Andrew Nance, author of *Puppy Mind*, brings the puppy and a host of other friendly characters into the classroom to animate a 21-lesson curriculum centered around lively stories and easy-to-lead exercises for young students from kindergarten to third grade. Nance offers a teacher's guide to arts-based mindfulness exercises utilizing story-telling, theater games, and drawing to spark students' self-expression, self-awareness, and social and emotional well-being.

Andrew Jordan Nance has been an educator for more than twenty-five years. He is the founder of Mindful Arts San Francisco, whose mission is to provide volunteer mindful educators to teach at underserved San Francisco schools. Nance is also an award-winning actor and director. He lives in San Francisco.

Available August 2018

\$19.95 | 272 pp | pbk | 978-1-946764-13-3 | eBook \$12.99

MINDFUL EDUCATOR PRE-CLASS PREPARATION

Goals

- Get to know your students
- Teach "Mindful Superhero Stretch"
- Practice breathing techniques with a Mini Hobeman Sphere
- Mindful Challenge

Reminders

- Being prepared and well rested will help you maintain a sense of calm and allow you to be truly present for your students. Familiarize yourself with each lesson; it will give you confidence and bring a sense of play to your work, and will evoke trust and curiosity in your students.
- Breathe, then breathe again.
- Think of the script as a series of prompts and suggestions rather than something to be memorized.

Materials

- Master/Activity log (on page 2A7), or notepad to write down names
- A singing bowl (or chime) and dowl
- A Mini Hobeman Sphere
- If applicable, print out Guidelines for Additional Facilitators on page 2A4.

INTRODUCING MINDFULNESS TO THE CLASS

Mindfulness Educator suggested script:

Hello everyone!

It's great to meet all of you! I am so happy to be here.

My name is _____.

For the next _____ weeks I will visit your class on _____ for about 25 to 30 minutes, to teach all of you something called "mindfulness."

How many of you have ever heard of the word "mindfulness" before? Does anyone want to take a guess at what it means?

Mindfulness is the practice of using our breath to focus our minds and bodies to make good choices.

Many sports teams including championship teams like the Golden State Warriors, Chicago Bulls, Cleveland Cavaliers, and the Seattle Seahawks as well as many lawyers, teachers, and even some police officers are learning to use mindfulness to increase their focusing skills so they can stay calm and make good choices.

We practice mindfulness by using our breath to train our minds to be more focused. Can you repeat this phrase for me: "Mindfulness is breath-taking" (perhaps write it on the board) By remembering to take slow deep breaths throughout our day we can be more focused and make good or better choices.

SUPERHERO INTRODUCTIONS

So that I can get to know you a bit better, I'd like you to give me your first name and who is your favorite superhero, super power, or your favorite person. Let's start with you . . .

Ask them each to say their first name and what their favorite superhero or super power is. Write their names down as you go around the room to create your roster.

Now that I know your names and what your favorite superhero is I would like to teach you "The Mindful Superhero Stretch."

Note: You can go to MASF's resource page to watch a YouTube video on how to do the stretch, mindfulatart.org.



148 MINDFUL ARTS IN THE CLASSROOM

LESSON 1: INTRODUCTIONS AND BREATHING 25

CURIOSITY

Today I have a story to read to you that will help remind us to be curious about our minds and our world. It's called "Alli-Gator, the Investigator."

ALLI-GATOR, THE INVESTIGATOR

My name is Alli the gator, and I am an investigator! I like to look under rocks. I like to examine rocks.

Sometimes my friends think learning is so boring, but I know there is more to see if we like exploring. I try to look at everything with a beginner's mind, that way I am fascinated by anything I find.

Like a friendly flashlight that lights my way, I use my eyes and mind to notice the new each day. Every sunrise, sunset, breath, and moment is new, don't you realize that this is always true?

When you are in class or walking down the street, what beautiful or curious things do your eyes meet? If you had an investigator mind, what interesting things could you find?

When you look inside your open mind, what thoughts can your flashlight find?

When we breathe we can turn our mind's flashlight on, when we name it and tame it, our thoughts don't seem so strong.

We need more mindful explorers in the world. It would do the world a world of good. Think of all the solutions we could help create, if we were more curious to investigate.



With more focus and more care,

we can always be more and more aware.

The next time you are asked to learn something new, be like an investigator—with curiosity, kindness, and gratitude.

QUESTIONS FOR STUDENTS

In the story, what was the name of the character? That's right, Alli-Gator. What does she like to do? That's right, she likes to investigate!

Why do you think she likes to be curious? Because she discovers new things every day that way!

In the story Alli asks us to look for beautiful or interesting things in our classroom. What do you find interesting or beautiful in this classroom? (Give an example.)

Why did she think it is important to be more curious? What good would it do? Because we could learn to solve problems, and get better grades, and be better listeners!

Do you think we could all try to be a bit more curious this week? This week let's all try to think like an investigator or a scientist and pay more attention to what's going on around us and our emotions.

CLOSING THOUGHTS AND A MINDFUL CHALLENGE

Here is your Mindful Challenge until next time.

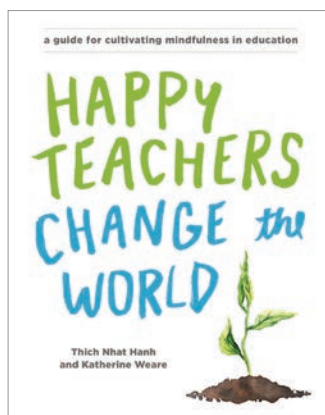
MINDFUL CHALLENGE

Practice being curious and see how much you can notice with your eyes, ears, nose, hands, and mouth.

All your mindful senses! Just notice.

148 MINDFUL ARTS IN THE CLASSROOM

LESSON 14: ALLI-GATOR, THE INVESTIGATOR 59



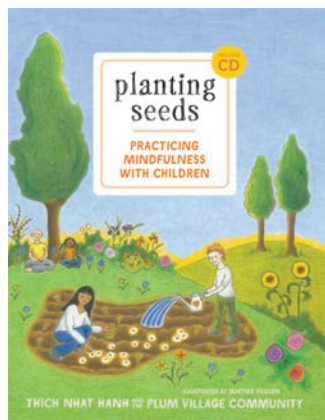
Happy Teachers Change The World

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 across the globe.

\$18.95 | 352 pp | pbk | 978-1-941529-63-8
eBook \$16.99



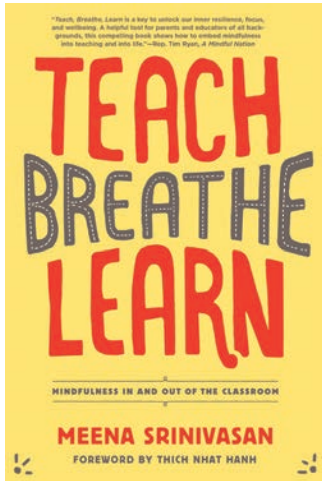
Planting Seeds

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 | 240 pp | pbk | 978-1-935209-80-5
eBook \$12.99

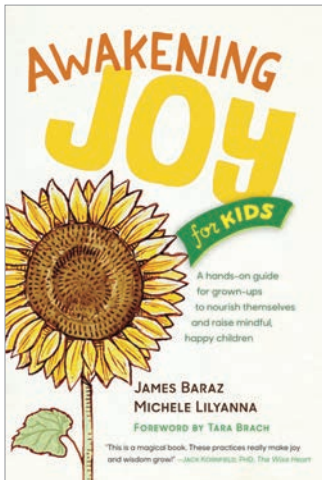


Teach, Breathe, Learn Mindfulness In and Out of the Classroom

MEENA SRINIVASAN

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

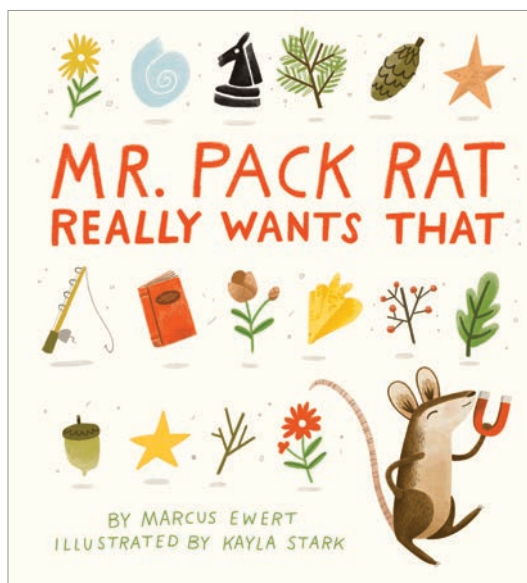
\$16.95 | 224 pp | pbk | 978-1-937006-74-7
eBook \$12.99



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 | 304 pp | pbk | 978-1-941529-28-7
eBook \$12.99



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—unfortunately 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.

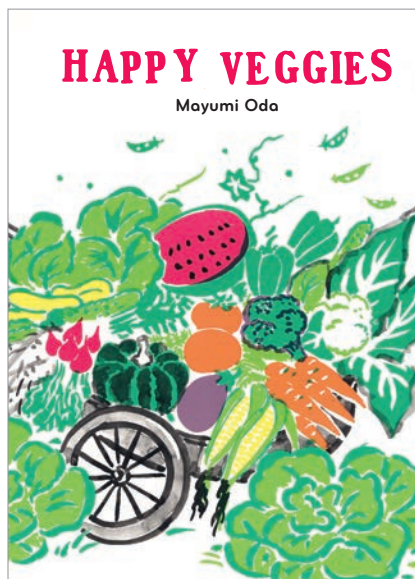
Marcus Ewert has worked on children's books since his teens, achieving acclaim with his award-winning books *10,000 Dresses* (2008) and *Mummy Cat* (2015). A hoarder himself, Marcus wrote this book to puzzle out a resolution to his personal hoarding dilemma. Marcus lives in San Francisco, in a beautiful—and de-cluttered—apartment.

Kayla Stark is a freelance illustrator living in Nashville. Most of her work is illustrated using a combination of traditional and digital media. She typically incorporates animals and nature into her work.

Available October 2018

\$14.95 | 40 pp | hardcover | 978-1-946764-25-6 | eBook \$6.99





“Mayumi Oda’s book is a lovely passage through a garden—for children and grown-ups too.”

—Wendell Berry



Happy Veggies

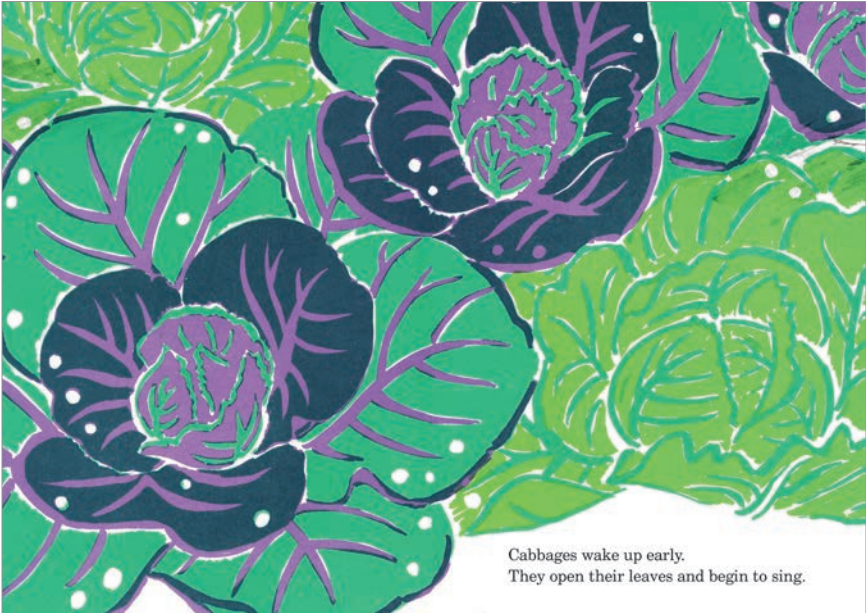
MAYUMI ODA

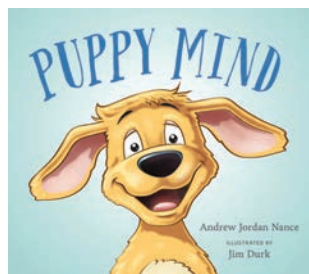
Crisp cabbages, crunchy carrots, radiant radishes . . . The lively text and vibrant illustrations of vegetables in the garden by legendary Japanese artist Mayumi Oda will inspire children to see the garden as a life-giving place where they can touch the Earth and see how Nature loves and feeds them. 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.

Mayumi Oda is known to many as the “Matisse of Japan.” Her paintings hang in many of the world’s museums. In 2000, she started Ginger Hill, a farm and a retreat center on the Big Island of Hawaii. Now in her eighties, Mayumi lives with her family at Ginger Hill Farm and travels worldwide, teaching workshops in creativity and self-realization.

Available November 2018

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Puppy Mind
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ILLUSTRATED BY JIM DURK

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

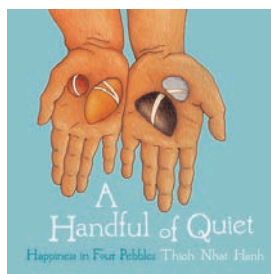
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Is Nothing Something?
Kids' Questions and Zen Answers About Life, Death, Family, Friendship, and Everything in Between
THICH NHAT HANH
ILLUSTRATED BY JESSICA MCCLURE

In this beautiful full-color book, whimsical animals present Thich Nhat Hanh's answers to questions posed by children. Humorous and profound, *Is Nothing Something?* is the perfect resource for kids with questions, adults looking to answer them, and anyone with important questions of their own.

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Happiness in Four Pebbles
THICH NHAT HANH

This beautiful, inviting book introduces children to Plum Village's pebble meditation with step-by-step instructions.

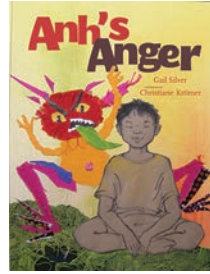
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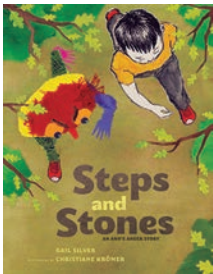
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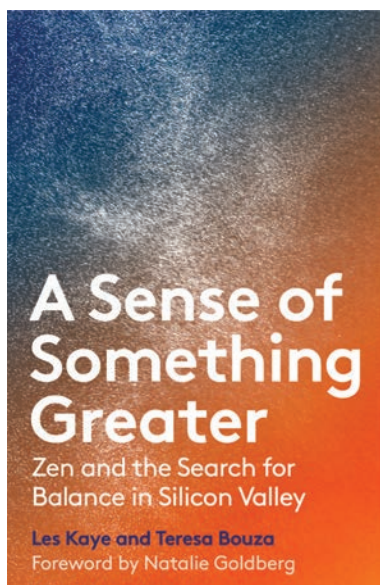
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“This marvelous book is not only about the search for balance but for meaning.”

—Roshi Joan Halifax,
Upaya Zen Center,
Standing at the Edge

A Sense of Something Greater

Zen and the Search for Balance in Silicon Valley

LES KAYE AND TERESA BOUZA

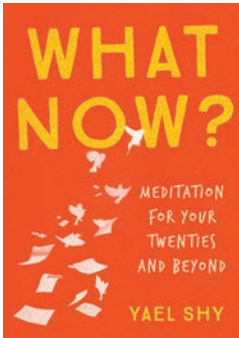
A Sense of Something Greater goes deeper than the current mindfulness trend, into the heart of Zen practice. For author Les Kaye, Zen is more than awareness, more than a technique for calming the mind—Zen is a window into our inherent wisdom and to a dimension beyond material progress. Kaye’s teachings are paired with interviews with tech employees and Zen practitioners, conducted by journalist Teresa Bouza, which make clear the relevance of Zen practice to the challenges of twenty-first century life. An essential guidebook for business leaders, mindfulness meditators, and Zen practitioners alike.

Les Kaye worked for IBM in San Jose, California, in engineering, sales, and management for over thirty years. He started Zen practice in 1966 and is teacher at Kannon Do Zen Center in Silicon Valley.

Teresa Bouza has worked for *The Wall Street Journal* as well as Spain’s global news agency EFE and the Spanish business daily *Cinco Días*. She is a recipient of the John S. Knight Journalism Fellowship at Stanford.

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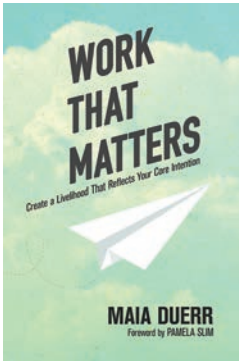
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Yael Shy

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. Shy shares her own story and offers basic meditation guidance and insight into interconnection and social justice as natural outgrowths of meditation practice.

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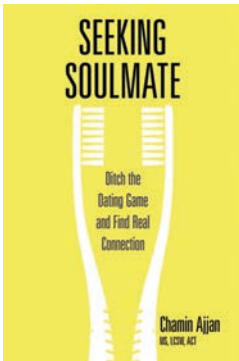
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Create a Livelihood That Reflects Your Core Intention

Maia Duerr

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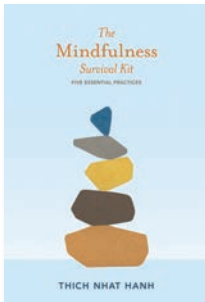
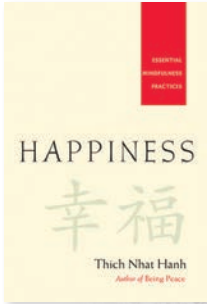
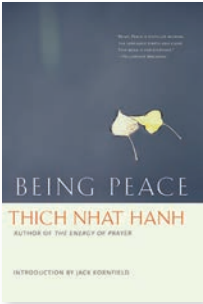
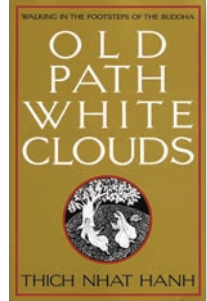
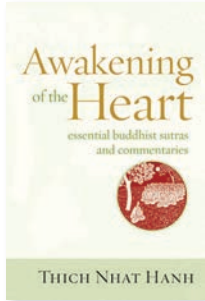
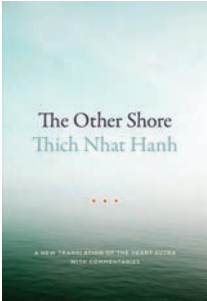
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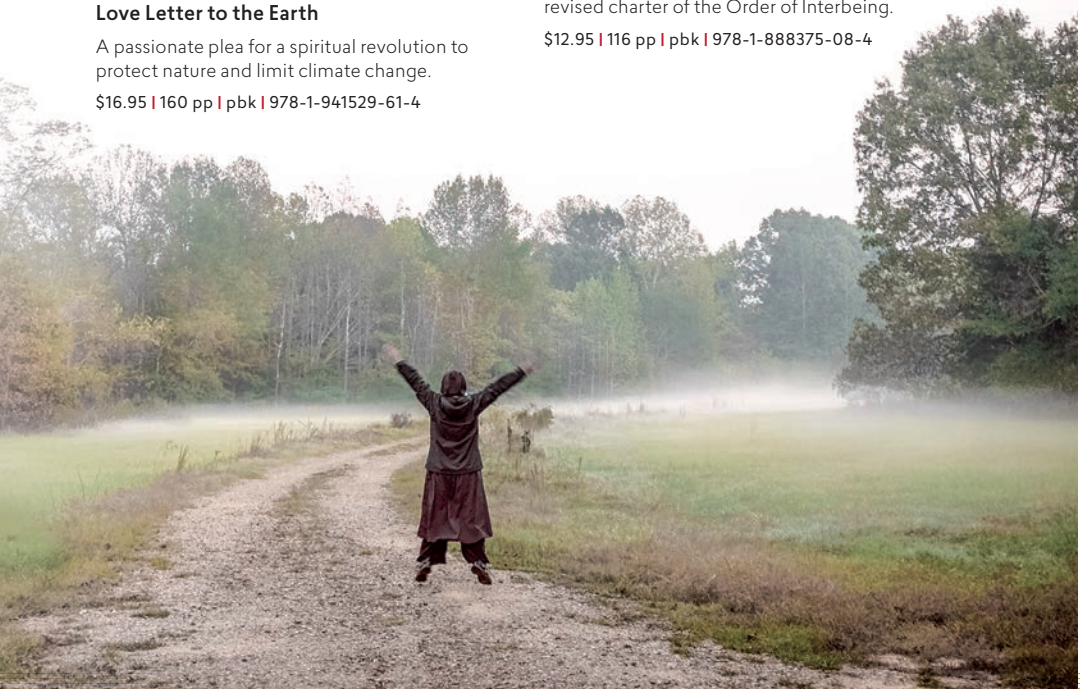
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Tiny Gratitudes

BROOK ROTHSHANK

These 52 miniature, tempera-paint images of everyday items are each accompanied by a meditation offering a new perspective on gratitude. During 2017, nationally-recognized artist Brooke Rothshank created a weekly piece of art and a short contemplation to accompany it. The images invite the viewer to slow down and see their world differently. Each painting was rendered in a slow and methodical way, contradicting our cultural need to consume more and more information at greater and greater speeds.

Brooke Rothshank has been working as a studio artist since 2002. Her work as a miniatures artist has been exhibited around the country and she has illustrated three children's books. Brooke's painting work has been exhibited at the Penland Gallery, the Andy Warhol Museum, the Chicago International Miniature Show, and elsewhere. Brooke lives with her husband Justin and their three kids in Goshen, Indiana.

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the people in my life
our similarities and differences
belonging

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110



family recipes
holiday preparations
anticipation

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111

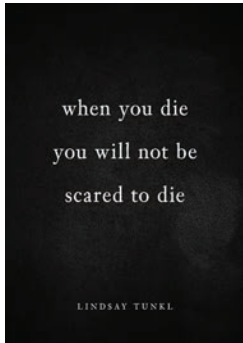


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persistent affection
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112



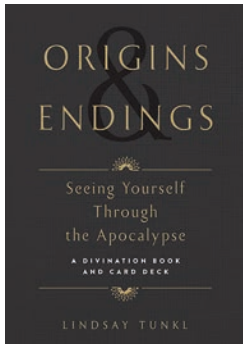


When You Die You Will Not Be Scared To Die

LINDSAY TUNKL

This beautiful, simple book of twelve meditations on death is both surprising and soothing. It will inspire the reader to confront what scares them most, come to terms with their own mortality, and realize what fears are holding them back from living a full life. It is a keepsake, a prayer book, a prompt for contemplation, and a gift to give to others to inspire conversations about the liberating power of reflecting on death and what makes a good life.

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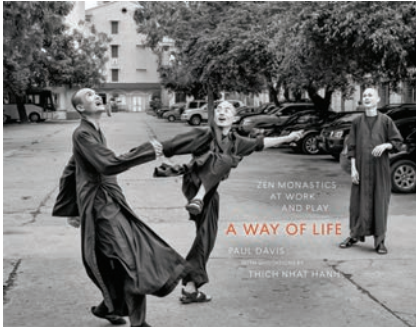
Seeing Yourself through the Apocalypse

LINDSAY TUNKL

Original, startling inkblots paired with unique meditations on what we are attracted to and challenged by when thinking about death. Combining the ideas behind the Rorschach test and the concept of The End, this book and card deck provides readers with a lighthearted yet profound way to understand a world that is uncertain, scary, and often heartbreaking. Principles from psychoanalysis, psychology, meditation, and popular culture make this a perfect tool for turning anxiety and fear into an opportunity for growth and exploration.

Lindsay Tunkl investigates what it means to be human in the contemporary moment. Her work has been exhibited in the US, the UK, and Germany. Tunkl lives in Oakland, California.

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A Way of Life

Zen Monastics at Work and at Play

PAUL DAVIS, QUOTATIONS BY THICH NHAT HANH

This coffee table photo book captures the beauty and joy of monks and nuns at work and play, with quotes from Zen teacher Thich Nhat Hanh. Documentary photographer Paul Davis, a student of Thich Nhat Hanh since 1993, shares the joy of the present moment as experienced by monks and nuns of all ages. Contains fifty black-and-white and color photographs.

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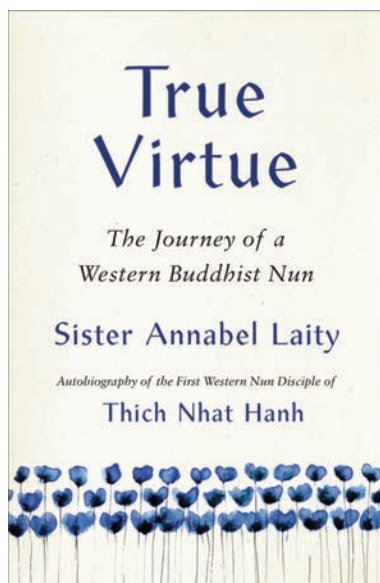
Divine Gardens

Mayumi Oda and the San Francisco Zen Center

MAYUMI ODA

Mayumi Oda's groundbreaking work combines traditional Japanese and Buddhist iconography with images of the feminine and her own unique sense of color, line, and movement. Her artwork is paired with essays by those who have been inspired and moved by her work at the San Francisco Zen Center and Green Gulch Farm Zen Center, including Richard Baker, Linda Ruth Cutts, Wendy Johnson, Edward Espe Brown, and Norman Fischer.

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True Virtue

The Autobiography of a Western Buddhist Nun

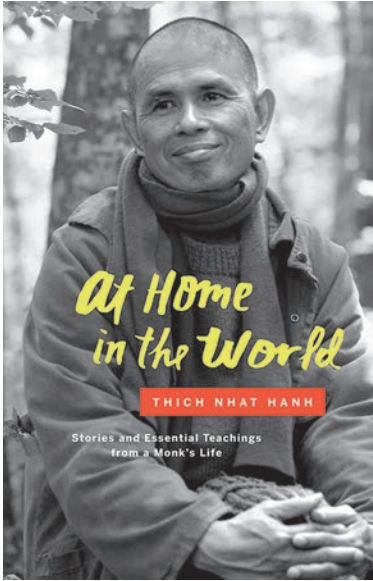
SISTER ANNABEL LAITY

In 1988, Sister Annabel Laity became the first Western woman to be ordained as a nun in Thich Nhat Hanh's Zen lineage. She was given the Dharma name Chan Duc, True Virtue. Thirty years later, Sister Annabel is a much-loved senior Dharma teacher in the Plum Village community. She teaches and leads retreats worldwide, and is widely recognized as an accomplished and insightful Buddhist scholar.

In this autobiography, Sister True Virtue shares the trials and joys of her lifelong search for spiritual community. While teaching classics in Greece, she met a Tibetan Buddhist nun, an encounter that changed the course of her life and eventually led her to her teacher, Thich Nhat Hanh, and to her spiritual home in Plum Village. *True Virtue* is a timeless testament to the importance of spiritual exploration, and offers a unique perspective on Thich Nhat Hanh's monastic community.

Sister Annabel Laity (Chan Duc, True Virtue) was born in England, and studied Classics and Sanskrit before going to India to study and practice with Tibetan nuns. In 1988, in India, she became the first Western European woman to be ordained as a nun by Thich Nhat Hanh. Sister Annabel was director of practice at Plum Village for many years. She is currently head of practice at the European Institute of Applied Buddhism in Germany.

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At Home In The World

Stories and Essential Teachings from a Monk's Life

THICH NHAT HANH

In these long-awaited autobiographical writings, Zen Master Thich Nhat Hanh shares personal stories from his childhood in Vietnam, his life during war and exile, the founding of his Plum Village community, and his time traveling and teaching around the world.

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. His many books include *Being Peace* and *No Mud, No Lotus*.

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nas allowed me to plunge deep into the world below language—more often than most adults my age can. For this I am grateful. It is a wild and fertile place, shimmering with energy and unencumbered by conventional modes of thought. My hope is that through our story, you will be able to visit it, too, and share in its **Strange Beauty**. *A Portrait of My Son* Eliza Factor



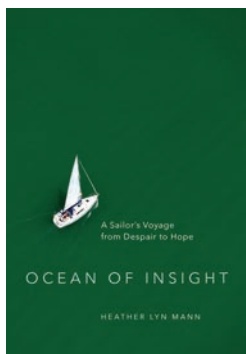
Strange Beauty

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. Their story serves as a beacon, illuminating what can happen when a family and a community embrace an unconventional child as an invitation to a new way of life.

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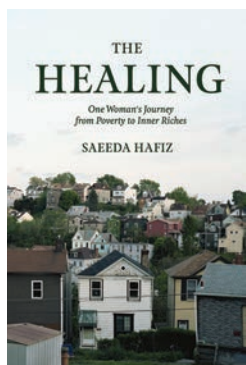
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A Sailor's Voyage from Despair to Hope

HEATHER LYN MANN

Heather Lyn Mann was a battle-weary environmental advocate in Madison, Wisconsin, struggling over what to do about climate change when she and her husband decided to explore the Atlantic on a small sloop. This memoir of six years living afloat is a chronological unfolding of disasters and discoveries—life-threatening storms, societies on the brink of extinction, near collisions, a pirate scare, and more. Throughout, the ocean becomes Mann's teacher.

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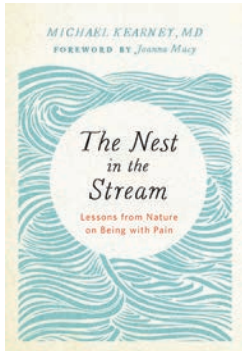
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From Poverty to Inner Riches

SAEEDA HAFIZ

In this memoir of upward mobility through an unexpected route, Saeeda Hafiz shares her personal, painfully honest account of facing the inner demons fed by the domestic violence, addiction, and poverty she witnessed as a child. While her peers pursue one kind of American dream by climbing the corporate ladder, Hafiz finds meaning in learning to cook macrobiotic food and practice yoga and meditation. By doing so, she recovers from chronic health conditions and heals from the family trauma she inherited.

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The Nest in the Stream

Lessons from Nature on Being with Pain

MICHAEL KEARNEY

This concise, inspirational book is for anyone dealing with chronic or acute pain. Kearney, an internationally-recognized palliative care doctor, shows how we live with our pain matters hugely, impacting every aspect of our own life and beyond. Drawing on Engaged Buddhism, Native American and Celtic teachers, and the powerful teachings he gained by observing nature, Dr. Kearney presents a new model for resilience and self-care.

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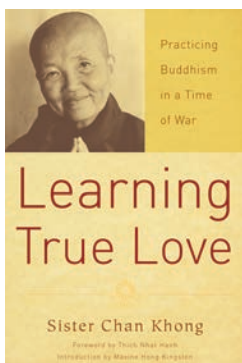
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On Loving, Dying, and Letting Go

AMY WRIGHT GLENN

As a hospital chaplain, Amy Wright Glenn has been present with those suffering from suicide, trauma, disease, and unforeseen accidents, and has been witness to the intense grief and powerful insights that so often accompany loss. In *Holding Space*, she weaves together memoir, philosophical inquiry, and cutting-edge research on death and dying to chronicle how we, as individuals and as a culture, handle everything from grief to mortality.

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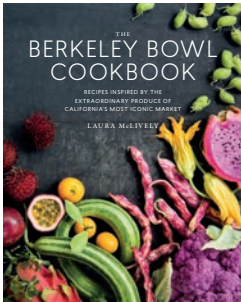
Learning True Love

Practicing Buddhism in a Time of War

SISTER CHÂN KHÔNG

Sister Chân Không was born in a village on the Mekong River Delta in 1938. When she was 21 years old she met the man who remains her teacher and spiritual companion: Thích Nhất Hạnh. This unique autobiography tells the gripping story of a woman who not only lived but made history, and whose life of single-minded dedication to humanity can serve as an inspiration for us all.

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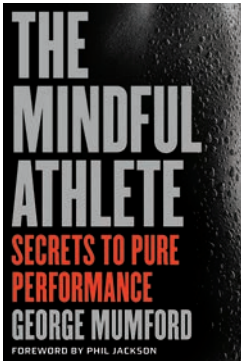
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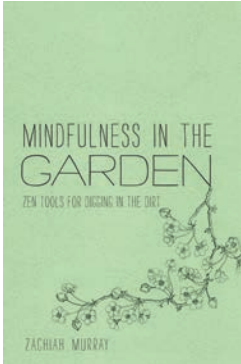
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Mindfulness in the Garden

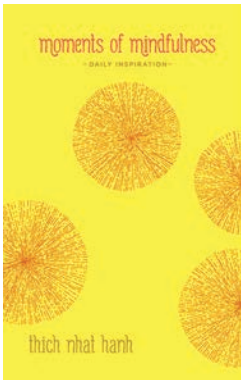
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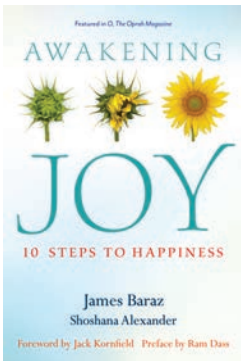
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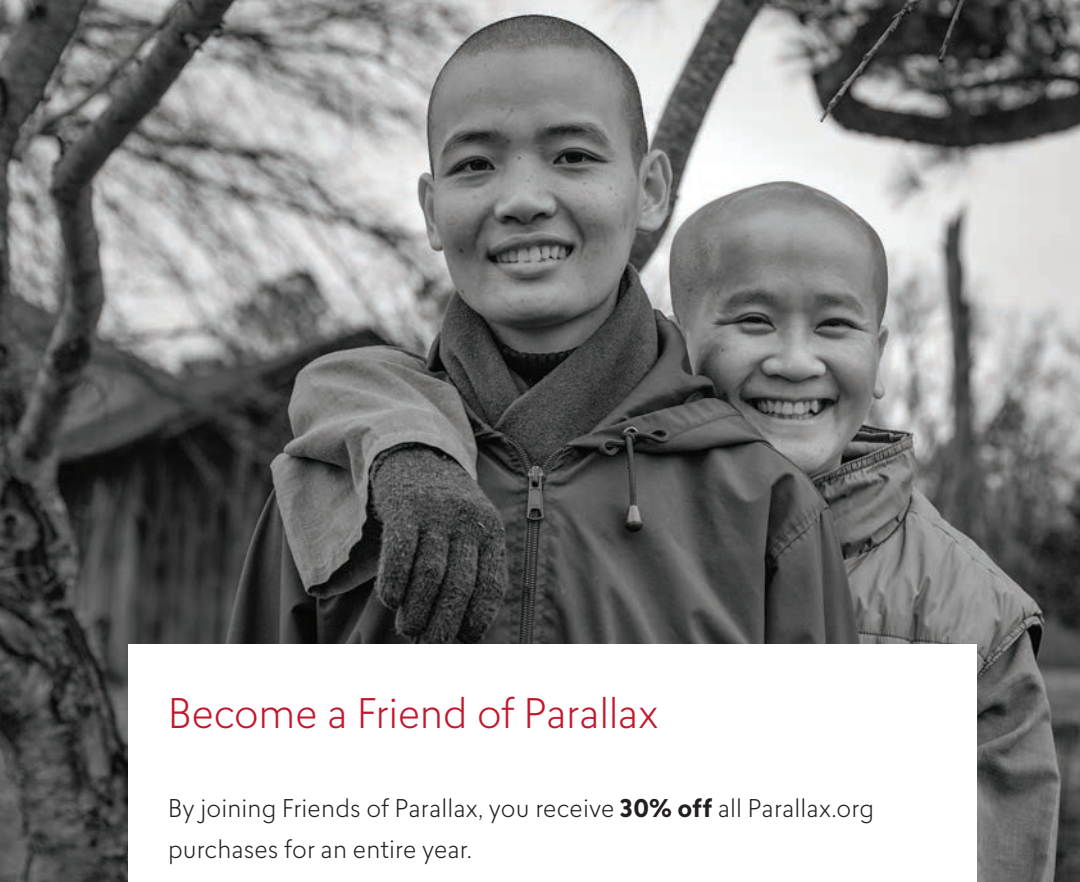
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