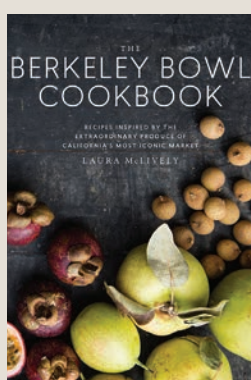
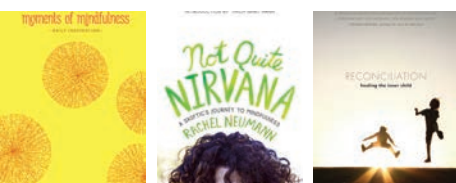
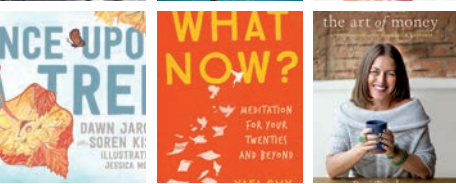
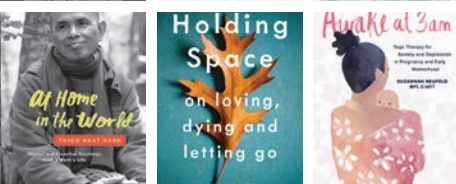
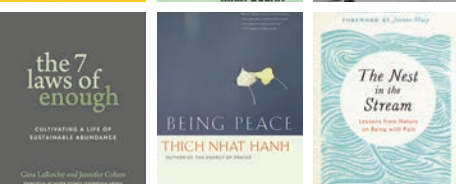
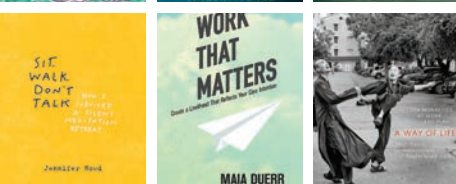
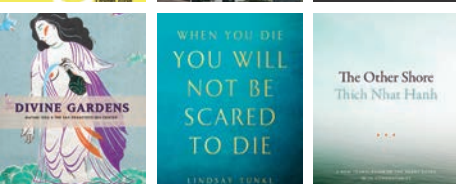
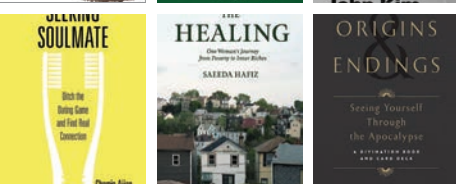
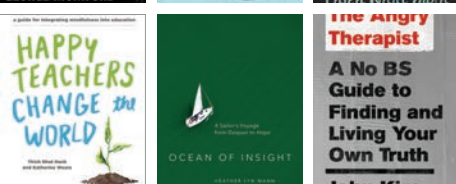




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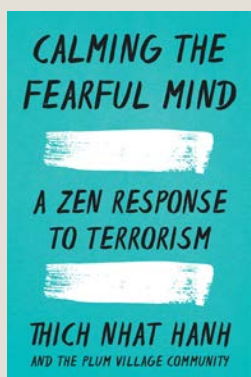
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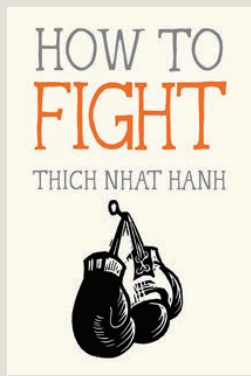
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page 9

Dear Friends,

These are uncertain times, when our differences feel much larger than our similarities. Thich Nhat Hanh's practice of Engaged Buddhism is a practice of not looking away from difference. It is a practice of compassionate action, shaped by war, emigration, and many years of exile. His newest book in our best-selling Mindfulness Essentials series, *How to Fight*, offers small gems on how to transform disagreement. Another resource, an updated edition of his *Calming the Fearful Mind: A Zen Response to Terrorism*, will appear in Spring 2018.

Sometimes, I am tempted to retreat, to curl up with like-minded friends, nourishing food, and a good book, such as our first cookbook, the gorgeous *Berkeley Bowl Cookbook*, or with *Long Weekend*, which offer resources and inspiration for retreat and self-care.

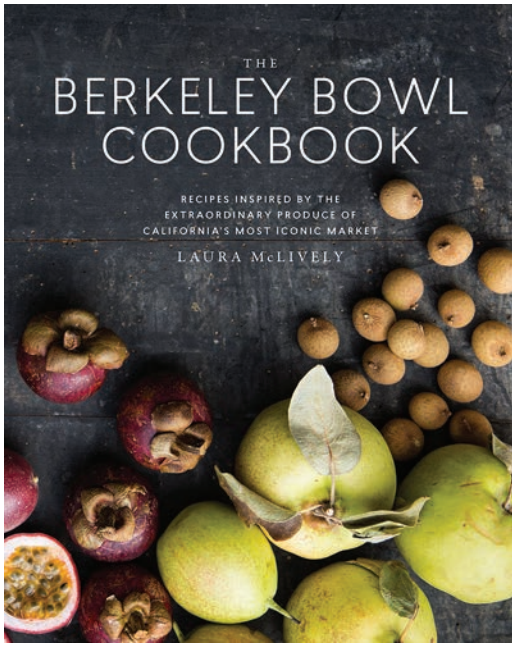
We can also find refuge in each other and in sharing our stories. Nhat Hanh's term "interbeing" acknowledges that while our experiences are quite different, our existence depends on each other. In *Strange Beauty*, Eliza Factor chronicles how raising a multiply disabled son became an invitation to a new way of understanding the world. Growth, after what feels like rock bottom, is the focus of Spring Washam's brave and passionate new book, *A Fierce Heart*, which makes a compelling case that it is our compassion that ultimately connects and restores us.

At Parallax, we continue to be nourished by our connection with you, our readers, authors, and friends. We'll be traveling the United States this fall as part of the Awakening Together tour, and hope to see you there. Or you can meet us online, where we offer webinars on mindful resistance, a rich resource-based website, author and community newsletters, and lively social media gatherings. Wherever we find each other, we look forward to continuing to offer you resources that serve as both refuge and inspiration for the journey ahead.

Rachel

Rachel Neumann, Publisher

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## The Berkeley Bowl Cookbook

Recipes Inspired by the Extraordinary Produce of California's Most Iconic Market

LAURA MCLIVELY

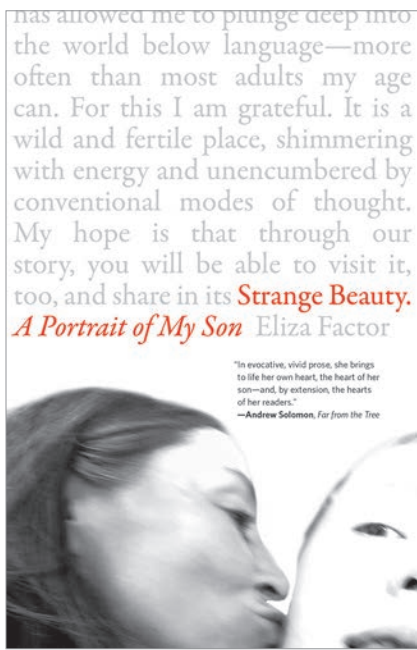
In this feast for the senses, McLively offers show-stopping original recipes inspired by the unusual fruits and vegetables of California's most famous market. These wide-ranging recipes are easy to cook, delicious, and perfect for both home cooking and entertaining. Each recipe comes with a short story about the star ingredient and offers easy substitution suggestions. Showcasing the astonishingly beautiful, plant-based bounty that's available to vegetarians and meat eaters alike, these unique recipes and gorgeous photographs will take you on a culinary adventure that will leave you with new favorite foods and dishes.

**Laura McLively** is a registered dietitian, avid home cook, and food writer. She blogs at My Berkeley Bowl, from which the seeds for this book took root, and contributes to *The Oakland Tribune* and *The San Jose Mercury News*. Laura lives with her family in Oakland, California.

AVAILABLE APRIL 2018

\$34.95 | 272 pp | hardcover | 978-1-941529-96-6 | eBook \$21.99





## 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. It is a story of infectious laughter, blood on the floor, and intense physical conflict. It is also a story of language and creativity, and how a mother and writer imagines the world through the eyes of her beautiful, charismatic son. 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.

**Eliza Factor** is the author of the acclaimed novels *The Mercury Fountain* and *Love Maps*. She is Founder and President of the Board of Extreme Kids & Crew, a non-profit community center that connects families with children with disabilities in Brooklyn and Queens. Factor lives in Brooklyn, New York and New Hampshire with her family.

\$18.95 | 240 pp | pbk | 978-1-941529-72-0 | eBook \$12.99

"A frank, compassionate, and highly detailed account of the roller-coaster ride of caring for a disabled, autistic child."

—Kirkus Reviews

"There is inspiration in here for social thinkers, for designers, psychologists, parents, entrepreneurs . . . Her command of the pen and understanding of the mechanics of the heart, makes this a read ripe with riches . . . I dare you to come out of this book unchanged."

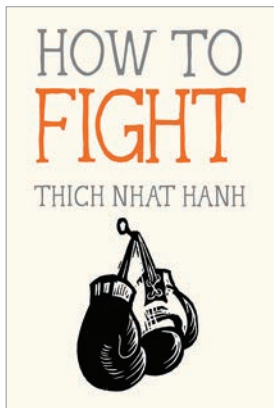
—Lulu Miller, co-host of NPR's *Invisibilia*

"So moving and thought-provoking about the deepest things: the value of life, the varieties of communication . . . beautiful."

—Rebecca Mead, *New Yorker* staff writer and *New York Times* bestselling author of *My Life in Middlemarch*

"In this honest and loving book, Eliza Factor describes what it is like to raise a disabled child, and in doing so reflects on the meanings of parenthood itself: on how we put into words a passionate attachment that cannot be exercised in words."

—Andrew Solomon, *National Book Award*–winning author of *Far From the Tree* and *The Noonday Demon*



## 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. He lives in Plum Village in southwest France. Nhat Hanh has been teaching the art of mindful living for more than 70 years.

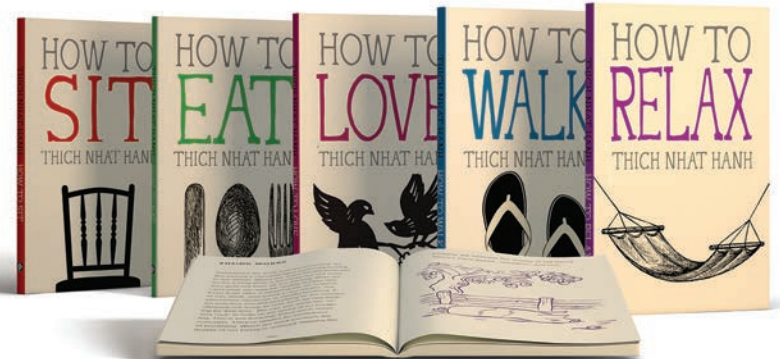
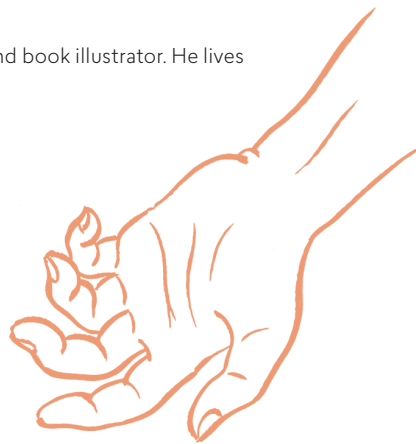
**Jason DeAntonis** is an award-winning artist, sculptor, and book illustrator. He lives in Berkeley, California.

AVAILABLE SEPTEMBER 2017

\$9.95 | 128 pp | pbk | 978-1-941529-86-7 | eBook \$6.99

### HOW LARGE IS YOUR HEART?

*The practice of inclusiveness is based on the practice of understanding, compassion, and love. With understanding and love you can embrace and accept everything, and everyone, and you don't have to suffer, because your heart is large.*



## 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.

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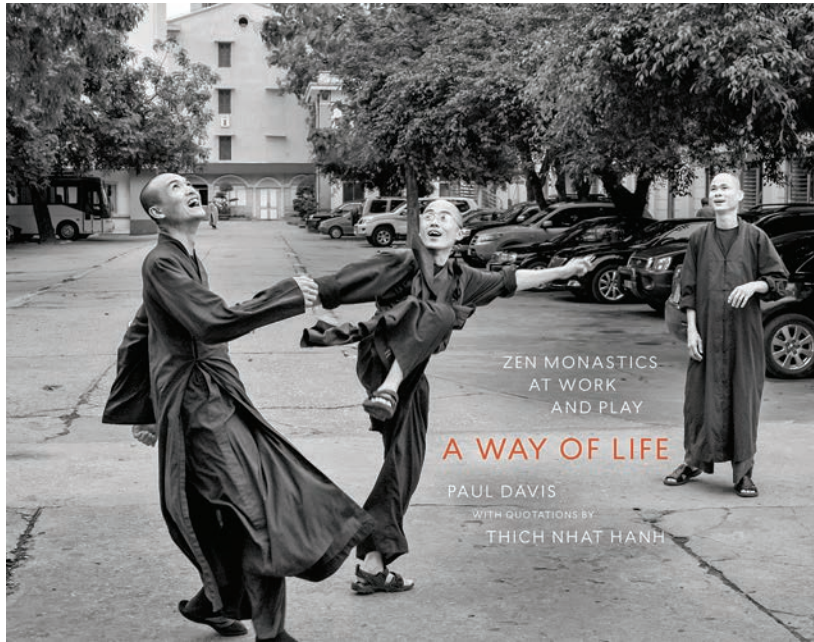
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## A Way of Life

Zen Monastics at Work and Play

PAUL DAVIS

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 first began photographing in Vietnam as a Marine in 1965. A student of Thich Nhat Hanh since 1993, Davis shares the joy of the present moment as experienced by monks and nuns of all ages. Contains fifty black-and-white and color photographs.

**Thich Nhat Hanh** is one of the most revered Zen teachers in the world today. His best-selling books include *Be Free Where You Are* and *How to Love*. He lives in Plum Village in southwest France. Nhat Hanh has been teaching the art of mindful living for more than 70 years.



**Paul Davis** leads Being Peace Sangha, a community that practices in the tradition of Thich Nhat Hanh in Cincinnati, Ohio, where he lives.

AVAILABLE NOVEMBER 2017

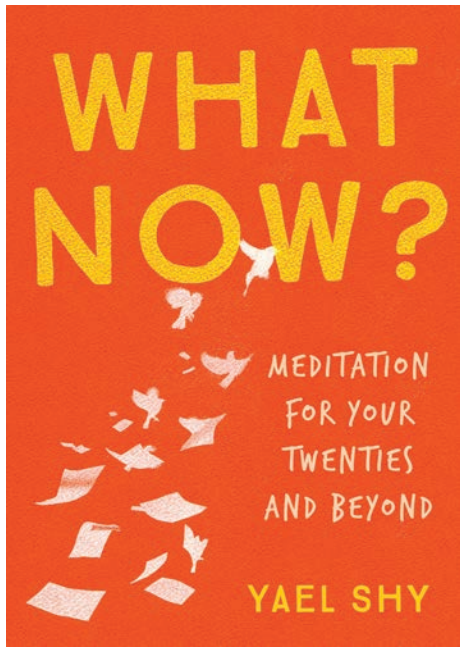
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The most precious gift we can offer others is our attention. When we walk with another person there we truly meet and know the human.



The mind can go in thousand directions, but on this beautiful path, I walk in peace. With each step, the mind blooms. With each step, a flower blooms.



"Never arrogant, deeply humble and always purposeful, *What Now* makes a strong case for why meditation can help anyone better understand a moment or a life, one lived and one still unfolding."  
—Chelsea Clinton



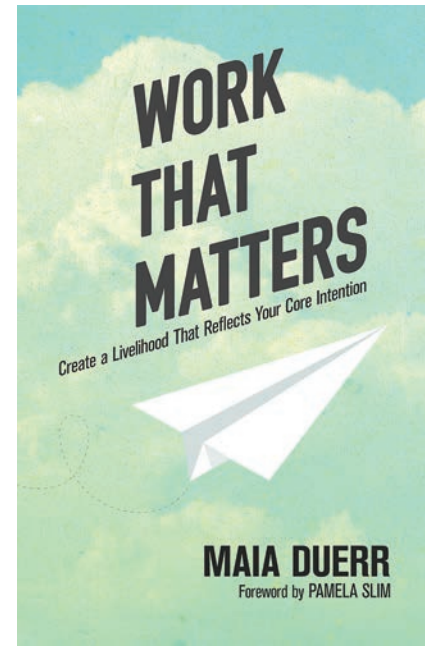
## What Now?

Meditation for Your Twenties and Beyond  
**Yael Shy**

A road map for college students, twenty-somethings, 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 guides and insight into interconnection and social justice as natural outgrowths of meditation practice.

**Yael Shy** is the Founder and Director of MindfulNYU, the largest campus-wide meditation initiative in the country, and the Senior Director of the Center for Global Spiritual Life at New York University. In 2010, Shy was named one of the "36 under 36" changemakers transforming the world by *Jewish Week*. Yael Shy lives in Brooklyn with her husband and son.

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"A wonderful resource for anyone interested in creatively developing their career." —Sharon Salzberg



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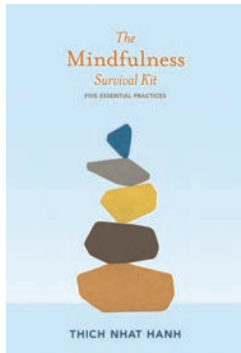
Create a Livelihood That Reflects Your Core Intention  
**Maia Duerr**

Mindful awareness coach and consultant Maia Duerr takes readers through a satisfying and comprehensive process to discover new insights about how to create a soul-satisfying livelihood. This book gives you the tools to create joyful work that will have you energized and inspired to get up each morning.

**Maia Duerr** has served as Research Director of the Center for Contemplative Mind in Society and Director of the Upaya Zen Center Buddhist Chaplaincy Training Program—among many other jobs, ranging from alfalfa sprout packer to anthropologist to Buddhist chaplain. She lives in Santa Fe, New Mexico and blogs at *The Liberated Life Project*.

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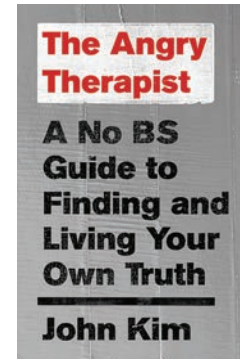
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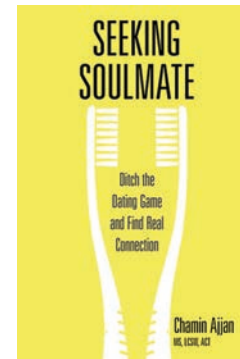
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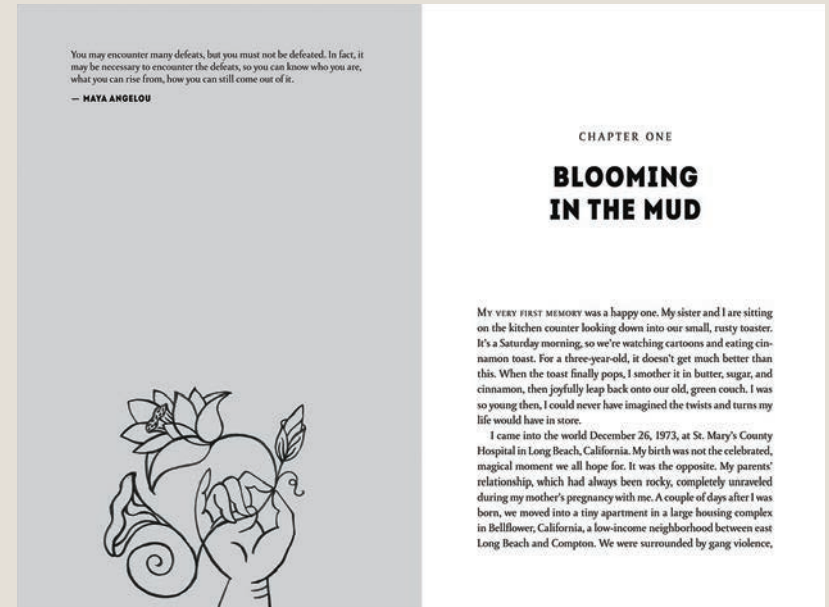
**SPRING WASHAM**

Spring Washam is a founder of the East Bay Meditation Center, one of the country's most diverse and accessible Dharma centers. For the first time, she shares her contemporary, unique interpretation of the Buddha's 2,500-year-old teachings with lively essays that get to the heart of mindfulness, wisdom, loving kindness, and compassion. Washam's teachings focus on social action, multiculturalism, and youth, and speak directly to anyone who's struggled to find a way out of suffering. Her honesty, compassion, and energy are expansive.

**Spring Washam** is a meditation and Dharma teacher who leads retreats all over the country. A member of the Spirit Rock Teachers Council, she also has extensive training in indigenous healing practices. Spring is a pioneer in bringing mindfulness-based healing practices to inner-city communities. She lives in Northern California.

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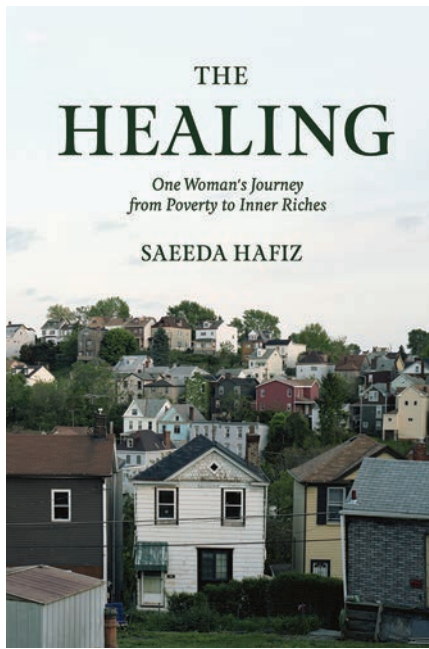
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“The real purpose of these stories is to awaken and empower you. They will remind you of profound possibilities and provide a sweet and healing balm of wisdom and love for your own difficult and joyful journey.

Told here, Spring's personal tale is also universal. Like the most beloved accounts of sages and shamans, ancient lamas and wise mamas, Spring leads us through the trials and revelations of her own life, to show in intimate and personal ways how the mud we are given can give birth to the lotus.”

—Jack Kornfield, from the Foreword



## The Healing

One Woman's Journey from Poverty to Inner Riches

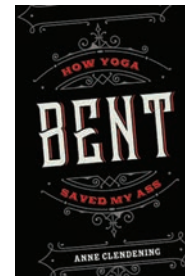
**SAEEDA HAFIZ**

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. She gives a frank account of the anxiety and rewards of becoming “middle class” through a complete change of diet, both physical and mental. 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.

**Saeeda Hafiz** has held leadership positions at the YMCA, the San Francisco Unified School District, and other organizations, bringing a more holistic understanding of physical and mental wellness to a diverse population. She keeps a busy schedule as a yoga teacher and speaker. Saeeda lives in Berkeley, California.

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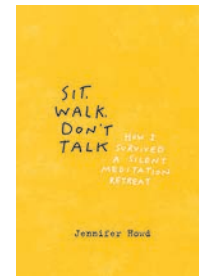
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An incisive memoir by a journalist who became the editor for a Zen master and found her own unorthodox way of integrating mindfulness into an unrepentantly busy daily life.

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In this debut memoir, Howd chronicles the humorous—and often harrowing—adventures of the dueling inner voices that emerge in the silence: one intent on focusing on the seemingly negative aspects of her experiences, and the other on helping her see the positivity that can come from them.

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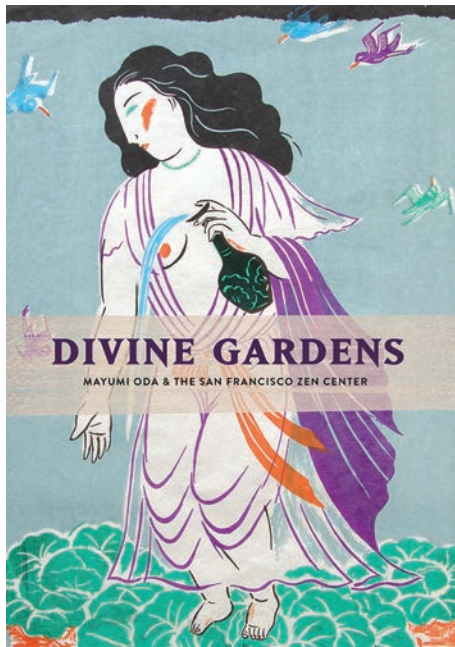
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A Sailor's Voyage from Despair to Hope

**HEATHER LYNN MANN**

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“Mayumi Oda’s passion and wisdom infuse her art with radical compassion.” —Roshi Joan Halifax



## Divine Gardens

Mayumi Oda and the San Francisco Zen Center  
MAYUMI ODA

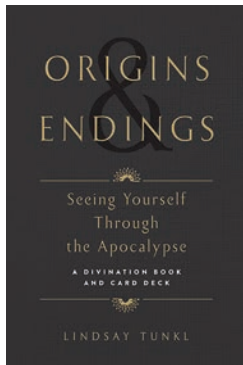
Mayumi Oda’s groundbreaking work combines traditional Japanese and Buddhist iconography with images of the feminine and her own unique sense of color, line, and movement. Her artwork is paired with essays by those who have been inspired and changed by her work at the San Francisco Zen Center and Green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

**Mayumi Oda** is known to many as the “Matisse of Japan.” Her paintings hang in many of the world’s museums. She lives with her family at Ginger Hill Farm, a farm and retreat center on the Big Island of Hawai’i, and travels the world teaching workshops in creativity and self-realization.

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## Origins & Endings

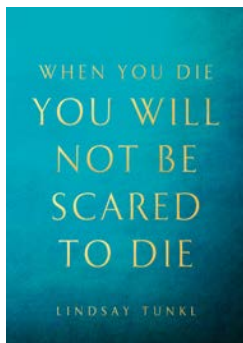
Seeing Yourself through the Apocalypse

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 around death into an opportunity for growth and exploration.

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## When You Die You Will Not Be Scared to Die

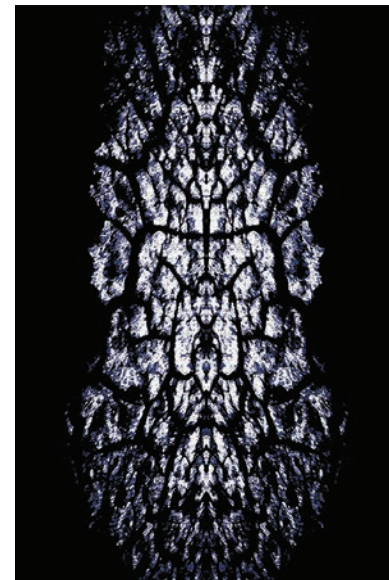
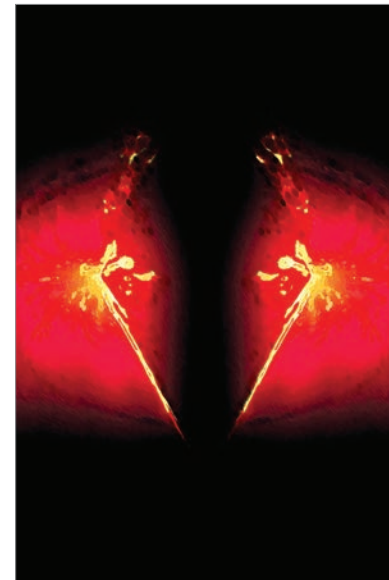
LINDSAY TUNKL

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.

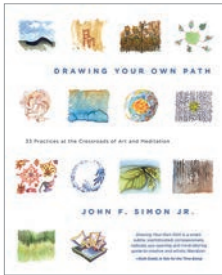
Lindsay Tunkl investigates what it means to be human in the contemporary moment. Her work has been exhibited in the US, the UK, and Germany. Tunkl lives in Oakland, California.

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Illustrations from *Origins & Endings*

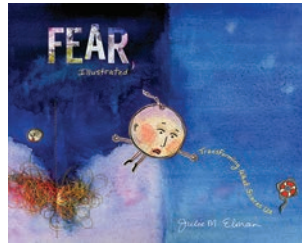


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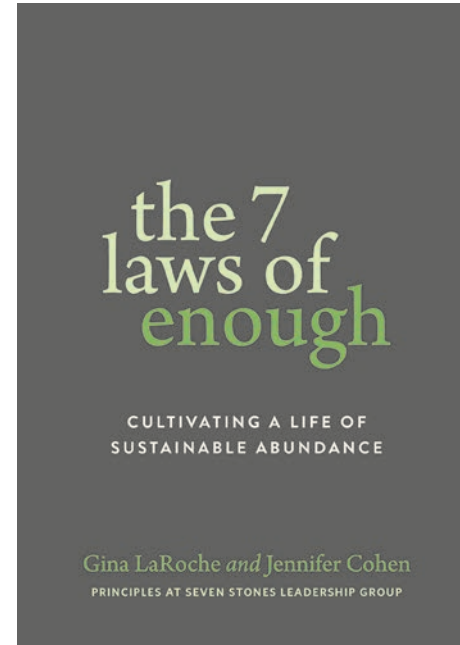


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Cultivating a Life of Sustainable Abundance

GINA LaRoche AND JENNIFER COHEN

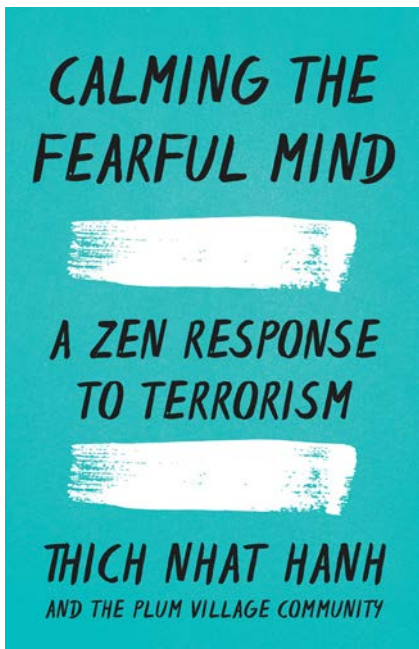
Our unbridled obsession with consuming more of everything with blatant disregard for the impact on us, other species, and the planet erodes our well-being while irreparably damaging the Earth. Leadership consultants Cohen and LaRoche offer readers a framework for a future that is sustainable and sustaining, where we rest in the incredible bounty that is always available to us.

**Gina LaRoche** has an MBA from Harvard Business School and is a graduate of Spirit Rock Meditation Center's Community Dharma Leaders Program. She is a leader at New Haven Insight Meditation Community and enjoys spending time with her spouse, two sons, and her dog in New Haven, Connecticut.

**Jennifer Cohen** has worked with senior coaches and senior trainers at Fortune 500 companies and the country's top universities. She is a devoted student of Vipassana meditation, a yoga practitioner, and an avid gardener. Jennifer Cohen lives with her husband and daughter in Acton, Massachusetts.

AVAILABLE JUNE 2018

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## Calming The Fearful Mind

A Zen Response to Terrorism

**THICH NHAT HANH**

*Calming the Fearful Mind* offers key teachings to help heal the misunderstanding, fear, and hatred that divides us as individuals, groups, and nations. An invaluable book for anyone who has wondered how to deal with anger and the desire for retaliation, *Calming the Fearful Mind* is a book about finding peace. It takes Thich Nhat Hanh's signature mindfulness practices and reveals how they can help us address our most challenging and deeply rooted fears. This updated edition builds on the original 2005 edition, sharing teachings on new conditions and specific events that have transpired since the original book was published in the wake of 9/11.

**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. Nhat Hanh lives in Plum Village in southwest France, where he teaches the art of mindful living.

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## Holding Space

On Loving, Dying, and Letting Go

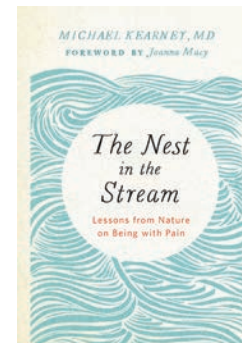
**AMY WRIGHT GLENN**

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.

**Amy Wright Glenn** is a Kripalu Yoga teacher, a DONA certified birth doula, a hospital chaplain, and founder of the Institute for the Study of Birth, Breath, and Death. Glenn provides online and in-person trainings for birth and mental health professionals around pregnancy loss.

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## The Nest In The Stream

Lessons from Nature on Being with Pain

**MICHAEL KEARNEY, MD**

Kearney, an internationally-recognized palliative care doctor, shows that how we live with our pain matters hugely, impacting every aspect of our own life and beyond. Drawing on Engaged Buddhism, Native American and Celtic teachers, and the powerful teachings he gained by observing nature, Dr. Kearney presents those dealing with pain with a new model for resilience and self-care, one built on what it means to be awake, alive, and connected to the world.

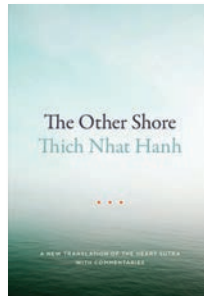
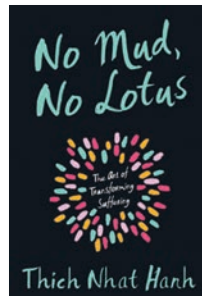
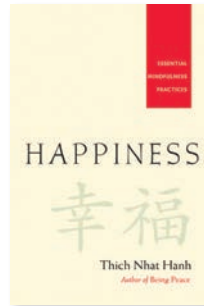
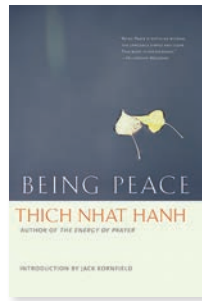
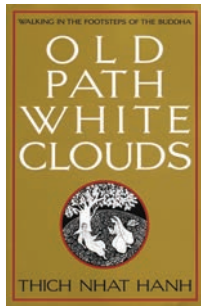
**Michael Kearney** has been a physician for more than 35 years. He specializes in Hospice and Palliative Medicine, and was involved in the founding of the modern hospice movement in the UK. He came to the US in 2001 and currently lives in Santa Barbara, California.

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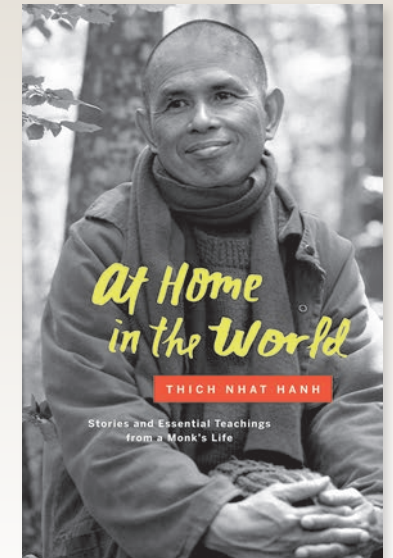
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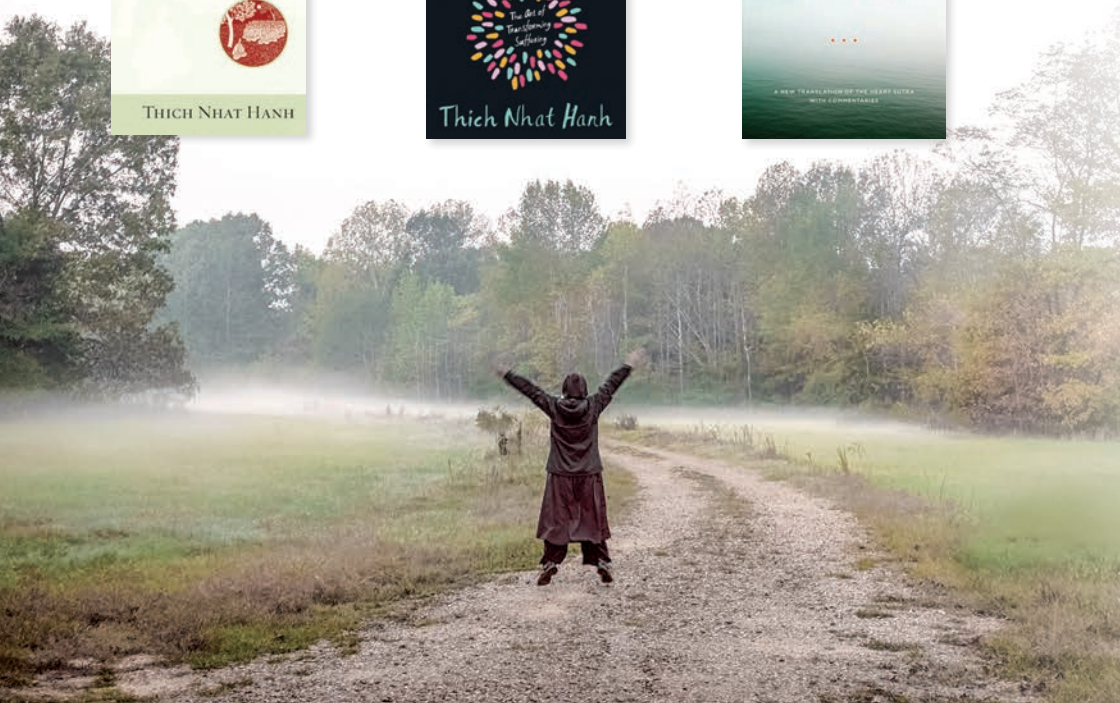
Thich Nhat Hanh shares stories from his childhood in Vietnam, his life during war and exile, the founding of his home in Plum Village, France, and his adventures traveling around the world, teaching and inspiring millions.

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DAWN JAROCKI AND SOREN KISEL  
ILLUSTRATED BY JESSICA MCCLURE

The whirling, swirling adventures of an ordinary little leaf high on a tree struggling to find its purpose comes to life in beautiful watercolor artwork that will delight children and their caretakers.

**Dawn Jarocki** is a longtime student of Thich Nhat Hanh. She enjoys raising her young son, caring for other children as a nanny and homeschool teacher, and sharing her love of nature and mindfulness with our youngest generations.

**Soren Kiesel** is the author of *The Night Our Parents Went Out*, is an award-winning playwright, and co-author with his wife, comedian Katie Goodman, of the internationally-touring comedy troupe *Broad Comedy*. Soren lives in Brooklyn, New York with his wife and teenage son.

**Jessica McClure** loves animals, art, and the outdoors. She lives in Maryland with her family, where she illustrates and designs books.

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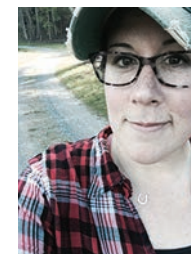


Once upon a time,  
upon a tree,  
there was a leaf.

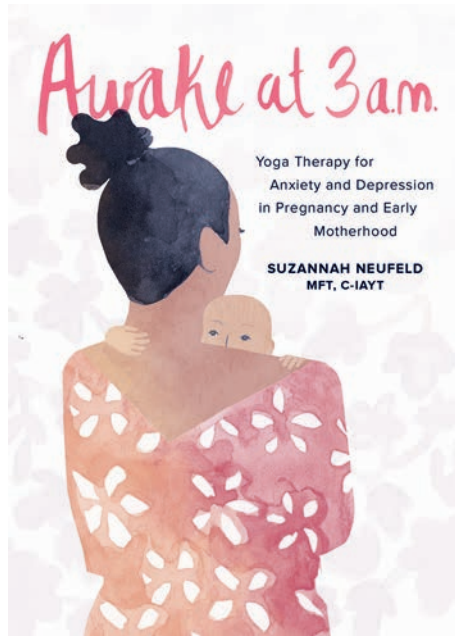


The leaf searched inside for the urge to fly.  
There was nothing there.  
"Should I fly, too?" the leaf asked.  
"I don't know," said the bird. "You're a leaf.  
You need to figure out what leaves do."

Then he leaped off the branch and soared into the air.  
"Wait!" the leaf called. "How am I supposed to know  
what leaves do?"  
But by now the bird was far away, rumbling on the wind.







## AWAKE AT 3:00 A.M.

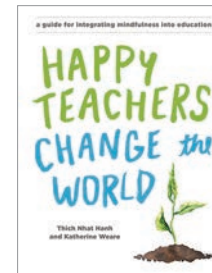
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**Suzannah Neufeld, MFT, C-IAYT**, is a licensed psychotherapist and certified yoga therapist specializing in pregnancy and early parenthood, eating disorders and body image, substance abuse and addiction, and young adulthood. She is cofounder of the Rockridge Wellness Center, a counseling and health collective in Oakland, California, where she lives with her family.

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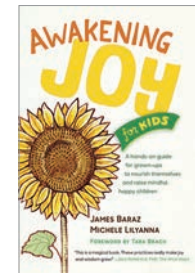
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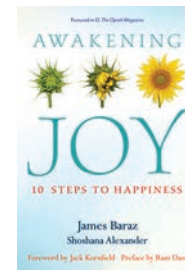
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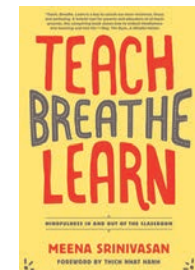
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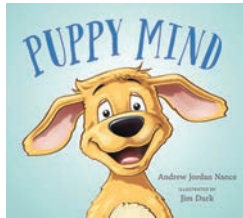


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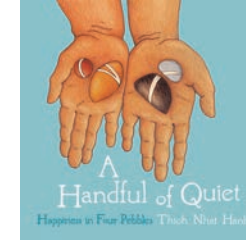
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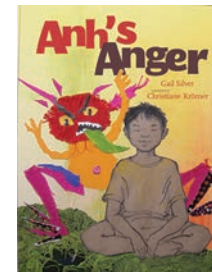
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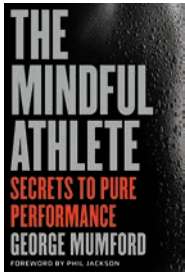


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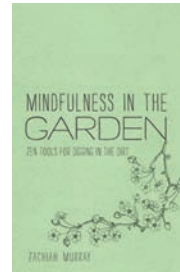
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