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2019 International Rights Guide

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

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

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

Welcome

25% off catalog purchase
CODE: CATALOG19
ends 12/31/19
These collected stories are the most comprehensive personal memoirs to date of international peace activist and Zen Master Thich Nhat Hanh.

Vivid moments of humanity mix with fierce hardships as Thich Nhat Hanh emerges as a young monk and writer in war-torn Vietnam. Soon he is teaching abroad and meeting with Western leaders—until suddenly he is forced into thirty-nine long years of political exile. With the help of a small group of dedicated practitioners, he establishes the Plum Village community in southwest France, which has grown to become the largest Buddhist monastery in Europe. These chronicles provide an intimate view into Thich Nhat Hanh’s remarkably gentle, determined, and varied experience of life. In doing so, they reveal some of his most profound and valuable teachings.

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

THICH NHAT HANH

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

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

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

AVAILABLE JUNE 2020
$9.95 | EBOOK $6.99 | 128 PP | 4 X 6 | PBK | 978-1-946764-54-6
In this captivating autobiography, Sister Annabel Laity shares the trials and joys of her lifelong search for spiritual community—from childhood on her family’s farm in Cornwall to eventually meeting Thich Nhat Hanh and finding her spiritual home in his Plum Village community. In 1988 she became the first Westerner to receive monastic ordination in Thich Nhat Hanh’s Vietnamese Zen lineage. Thirty years later, Sister Annabel is a much-loved senior Dharma teacher in the Plum Village community. True Virtue is a timeless testament to the importance of spiritual exploration and offers a unique perspective on the development of Thich Nhat Hanh’s practice community.

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

—REV. ZENSHIN FLORENCE CAPLOW
COEDITOR OF THE HIDDEN LAMP: STORIES FROM TWENTY-FIVE CENTURIES OF AWAKENED WOMEN

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

—ANDREA MILLER
EDITOR OF BUDDHA’S DAUGHTERS: TEACHINGS FROM WOMEN WHO ARE SHAPING BUDDHISM IN THE WEST
Thich Nhat Hanh, His Holiness The Dalai Lama, bell hooks, Bill McKibben, Matthieu Ricard, and many others are featured alongside each other in this foundational trove of Buddhist essays, poems, and teachings. The topics covered here are especially relevant in today’s world: from creating nonviolent social change, to raising climate awareness, to simply learning how to walk (and enjoy it). *True Peace Work* rests on a spiritual bedrock that is as timeless as it is timely: the connection between peace in oneself and peace in the world.

Originally published in 1996 as *Engaged Buddhist Reader*, this revised edition has been expanded with a new introduction and additional contributors.
This Difficult Thing of Being Human
The Art of Self-Compassion

BODHIPAKSA

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

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

—TARA BRACH, AUTHOR OF RADICAL ACCEPTANCE

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

AVAILABLE NOVEMBER 2019
$16.95 | EBOOK $12.99 | 224 PP | 5 ¼ X 8 | PBK | 978-1-946764-51-5
Is real, lasting satisfaction possible within our current financial system? If you’re skeptical, German business analyst and Zen practitioner Kai Romhardt proposes a refreshingly minimalistic and awareness-based strategy that totally reconfigures our core economic relationships: work, consumption, and money. Too often we think of the economy as something outside of us, as beyond the scope of our individual choices. Romhardt argues that individuals who wield a clear mindset can, in fact, create change through personal decisions: when we can see into society, and into our constructs, we become empowered to choose deeply real and purposeful lives.

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

KAZU HAGA
FOREWORD BY DR. BERNARD LAFAYETTE JR. AND DAVID JEHNSEN

“Kazu Haga’s deep commitment to nonviolence has challenged and inspired me.”
—MICHELLE ALEXANDER, AUTHOR OF THE NEW JIM CROW

“We need this book like oxygen. Kazu is my teacher.”
—JOANNA MACY, AUTHOR OF WORLD AS LOVER, WORLD AS SELF

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

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

AVAILABLE JANUARY 2020
$15.95 | EBOOK $12.99 | 296 PP | 5 ¾ X 8 | PBK | 978-1-946764-43-0

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

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

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

A sublime performance.
—JONATHAN LETHEM

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

AVAILABLE OCTOBER 2019
$13.95 | EBOOK $11.99 | 136 PP | 5 X 7 ½ | PBK | 978-1-946764-49-2
Breathe
A Thich Nhat Hanh Meditation Journal

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

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

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

Available February 2020
$17.95 | 128 PP | 5 1/2 X 8 1/2 | SOFTCOVER | 978-1-946764-53-9

25% off your catalog purchase on parallax.org  CODE: CATALOG19
An invitation to young readers to roll up their sleeves, get inspired, and take action to build a sustainable, just, and loving world.

*Peace, Love, Action!* is an illustrated, illuminated A-Z of everyday actions that directly make a difference. Original artworks bring each action to life: “make friends,” “go local,” “cooperate,” “forgive”—seemingly small deeds can really add up! Each action comes with an inspirational mini-bio of a real hero who exemplifies that action, from Thich Nhat Hanh (“breathe”) to Wangari Maathai (“plant”), followed by a set of “What You Can Do” prompts. With a foreword by singer-songwriter and activist legend, Ani DiFranco.

**TANYA ZABINSKI** views life as the ultimate artwork and aspires to live an artful, heartful, and mindful life. She is a recipient of the Society of Children’s Book Writers and Illustrators Tomie dePaola Award. A true community artist, Tanya, with her husband Joe DiPasquale, cofounded the Elmwood Avenue Festival of the Arts in Buffalo, New York.
“Peace, Love, Action! Perfectly embodies one of the key messages that I am always trying to get across to children around the world—that every day we live on this planet, we make some impact—and we have a choice as to what sort of difference we make.”

—Dr. Jane Goodall

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

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

I IS FOR ILLUMINATE
NEW CHILDREN’S BOOKS

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

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

MATTHEW ALLEN is a surfer and artist from Southern California. A former Surfer Magazine art director, Matthew now spends his days creating art based on his favorite muses, the mercurial sea and the amalgam of people and vessels that operate in and around it. Matthew lives in Costa Mesa, California.

AVAILABLE JUNE 2020

$16.95 | EBOOK $6.99 | 40 PP | 9 ½ X 8 ½ | HARDCOVER | 978-1-946764-60-7
The Lion in Me

ANDREW JORDAN NANCE  ILLUSTRATED BY JIM DURK

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

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

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

**AVAILABLE SEPTEMBER 2019**

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

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No one else today presents the Buddha’s central teachings as clearly and powerfully.
—Melvin McLeod, Editor, Best Buddhist Writings

If there is a candidate for “Living Buddha” on Earth today, it is Thich Nhat Hanh.
—Richard Baker-Roshi

This comprehensive collection of the essential Buddhist sutras includes original translation and commentary by Zen Master Thich Nhat Hanh. With discussions on both historical and current events, *Awakening of the Heart* is a spiritual bridge that brings the Buddha’s teachings alive.

*Awakening of the Heart* contains the following nine sutras and their commentaries: The Sutra on the Full Awareness of Breathing; The Sutra on the Four Establishments of Mindfulness; The Sutra on Knowing the Better Way to Live Alone; The Sutra on the Better Way to Catch a Snake; The Diamond Sutra; The Heart Sutra; The Sutra on the Middle Way; The Sutra on the Eight Realizations of the Great Beings; and The Sutra on Happiness.

Thich Nhat Hanh is one of the best-known Zen Buddhist teachers in the world today. His best-selling books include *Happiness* and *Being Peace*. He lives in Plum Village, in Southwest France, where he gardens, writes, and teaches on the art of mindful living.


**$39.95**

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Berkeley, California

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# TNH ESSENTIAL LIBRARY

## NO MUD, NO LOTUS: THE ART OF TRANSFORMING SUFFERING
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I like to walk along country paths with wild grasses lining the path. I place each foot on the earth in mindfulness, knowing that I am walking on the wondrous Earth. In such moments, existence becomes a miraculous and mysterious reality. People usually consider walking on water or in thin air to be a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on the Earth. Every day we are engaged in a miracle that we don’t even recognize: the blue sky, the white clouds, the green leaves, and the curious eyes of a child. All is a miracle.
When we walk, we’re not walking alone. Our parents and ancestors are walking with us. They’re present in every cell of our bodies. So each step that brings us healing and happiness also brings healing and happiness to our parents and ancestors. Every mindful step has the power to transform us and all our ancestors within us, including our animal, plant, and mineral ancestors. We don’t walk for ourselves alone. When we walk, we walk for our family and for the whole world.

—THICH NHAT HANH

AT HOME IN THE WORLD
Happy Teachers Change the World
A Guide for Cultivating Mindfulness in Education

**THICH NHAT HANH AND KATHERINE WEARE**

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MAYUMI ODA

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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.

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ANDREW NANCE
ILLUSTRATED BY JIM DURK

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DEBORAH SOSIN
ILLUSTRATED BY SARA WOOLLEY

2016 Independent Publisher Book Awards Silver Medalist
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MINDFUL LIVING

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