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Eat explains what it means to eat as a meditative practice and why eating mindfully is important.

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How To Eat | Plum Village

I told him that Thich Nhat Hanh, the Vietnamese Buddhist Monk, has a system where he suggests chewing the food 30 times before swallowing (you don't to count after you practice a few times).

"It's good to take your time to eat, because the time for a meal can be a very happy time. Time to enjoy your breakfast, lunch and dinner. Enjoy your meal. Stop the thinking and be there fully, body and mind." Eating mindfully is a practice "When we eat our meal, we

should show up for that meal 100%. Eating mindfully is a practice.

Eating is a chance to return to the present moment. *How to Eat* is the second in Parallax's series of how-to titles by Zen Master Thich Nhat Hanh. These friendly, pocket-sized books contain several delightful illustrations by Jason DeAntonis, and are appropriate for those practicing in any spiritual tradition and all levels of familiarity with mindfulness practice.

To eat properly, try to eat a diet that consists of 30 percent vegetables, 20 percent fruit, 20 percent carbohydrates, 20 percent protein, and 10 percent dairy so you're getting all of the vitamins and minerals your body needs. Also, try to limit how much junk food you're eating, like processed snacks and frozen meals.

~~How to Eat: Amazon.co.uk: Hanh, Thich Nhat: 9781846045158 ...~~

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~~How to Eat Quotes by Thich Nhat Hanh - Goodreads~~

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~~How to Eat - Parallax Press Parallax Press~~

~~How to Eat: Nhat Hanh, Thich: 9781937006723: Books - Amazon.ca~~

~~Amazon.com: How to Eat: A Mindful Buddhist Guide (Audible ...~~

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Lion's Roar

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How do I stay in the present moment when it feels unbearable? | Thich Nhat Hanh answers questions

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by Thich Nhat Hanh, 2004.03.25

Mindful Eating with Mayo | Karen Mayo | TEDxWilmington **Savor by Thich Nhat Hanh Book Summary - Review (AudioBook) Zen Master Thich Nhat Hanh Books - The Art of Mindful Living - Part 1 Thich Nhat Hanh: Why everyone should be Vegan. How to let anger out | Thich Nhat Hanh, Q \u0026 A** [Why Vegan and not Vegetarian? Thich Nhat Hanh answers the question](#) [Consciousness as Food | Thich Nhat Hanh \(short teaching video\)](#) [Peace Is Every Step by Thich Nhat Hanh - Animated Book Review](#) [Why Food Is Sacred \u0026 Mindful Eating Activity](#) [How To Eat Thich Nhat How to Eat \(Mindfulness Essentials, #2\) by Thich Nhat Hanh](#)

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Amazon.com: How to Eat (Mindfulness Essentials ...

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