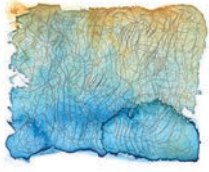

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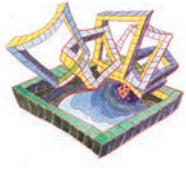
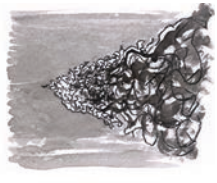

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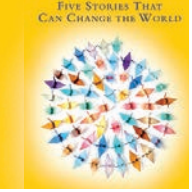
Five Stories That Can Change the World

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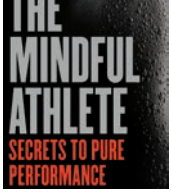
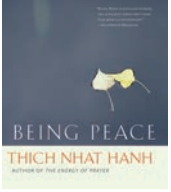
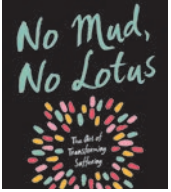
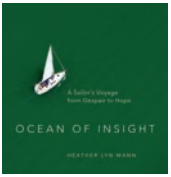

THE MINDFUL ATHLETE
SECRETS TO PURE PERFORMANCE

BEING PEACE
THICH NHAT HANH

No Mud, No Lotus

RECONCILIATION

At Home in the World
THICH NHAT HANH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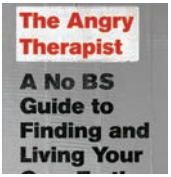
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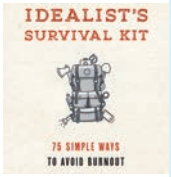
A No BS Guide to Finding and Living Your

IDEALIST'S SURVIVAL KIT
75 SIMPLE WAYS TO AVOID BURNOUT

making space
Creating a Home Meditation Practice
Thich Nhat Hanh

FEAR

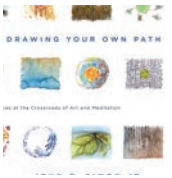
SLEEP WISE
HOW TO FEEL BETTER, WORK SMARTER, AND

inside the flame

good sex
JESSICA GRAHAM

HOW YOGA
BENT
SAVED MY ASS

WONDERFUL MOMENT

SEEKING SOULMATE
Ditch the Dating Game and Find Real Connection

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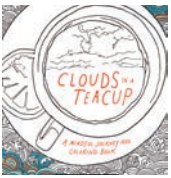
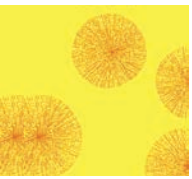
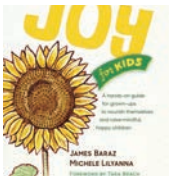
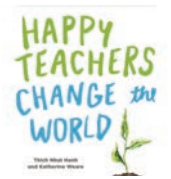

CLOUDS IN A TEACUP

SACRED PLACES



JOY for KIDS
JAMES BARAZ
MICHELE LILYANNA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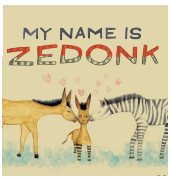
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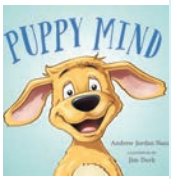
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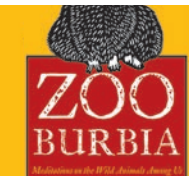
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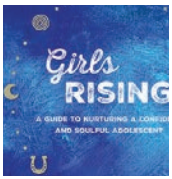
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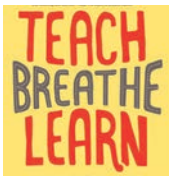
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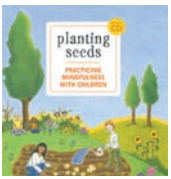
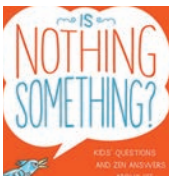

planting seeds
PRACTICING MINDFULNESS WITH CHILDREN

BABY PRESENT

CHARLOTTE AND THE QUIET PLACE

Not Quite NIRVANA
RACHEL NEUMANN

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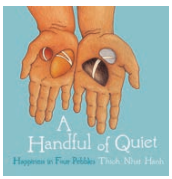
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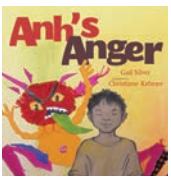
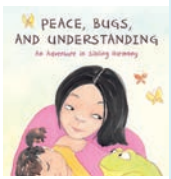

Anh's Anger

Steps and Stones

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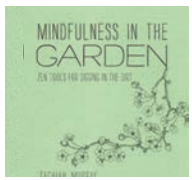
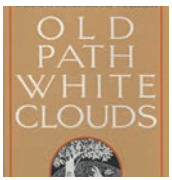
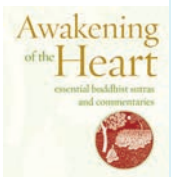
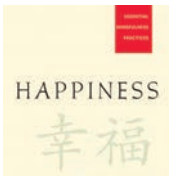
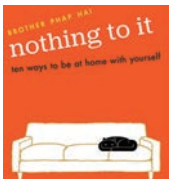
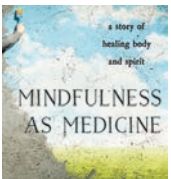

MINDFULNESS IN THE GARDEN

The Other Shore
Thich Nhat Hanh

OLD PATH WHITE CLOUDS

Chanting from the Heart
Buddhist Ceremonies and Daily Practices

THICH NHAT HANH
Inside the Now

Awakening of the Heart

Things I Did When I Was
HANGRY

HAPPINESS
幸福
Thich Nhat Hanh

nothing to it
ten ways to be at home with yourself

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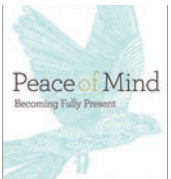
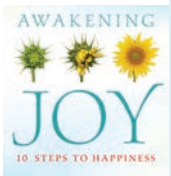

Peace of Mind
Becoming Fully Present
Thich Nhat Hanh

AWAKENING JOY
10 STEPS TO HAPPINESS
James Baraz

Dear Friends,

This has been a challenging year. While we are mindful that without the mud, there is no lotus, we've noticed a preponderance of mud. So we find it helpful to remember some of the milestones that got us to this present moment. This year marks the hundredth anniversary of the creation of the US National Parks system. It is the sixtieth anniversary of the March Against Fear, James Meredith's 220-mile march encouraging African Americans to vote. NOW, the National Organization for Women, turns fifty this year. Forty-four years ago the Stonewall riots helped inspire the modern movement for queer rights. And thirty years ago, Thich Nhat Hanh founded Parallax Press.

Clearly, there is still a lot of work to do. And although we are thirty, we are still growing; in 2016, we've launched a new series of illustrated books for children and adults that directly address the fear that seems endemic in these times. Our new books also include an epic story of adventures on the high seas, a guide to helping activists prevent burnout, and a long-awaited collection of autobiographical stories from Thich Nhat Hanh.

We believe that beauty, joy, and justice are basic needs. We believe in prioritizing voices that have been silenced and in speaking uncomfortable truths. These values have guided Parallax Press for the past thirty years and continue to guide us.

We also know that without you there is no us. We'd like to thank you by offering 35 percent off of your next purchase (go to parallax.org/30years). And, if you'd like to see Parallax continue to thrive, become a Friend of Parallax (see the back page for more information) and get 30 percent off of all our titles throughout the year.

We wish you a new year filled with less fear and more connection, a year with many lotuses amid the mud. We look forward to growing together in the years to come.

Rachel Neumann, Publisher

35%
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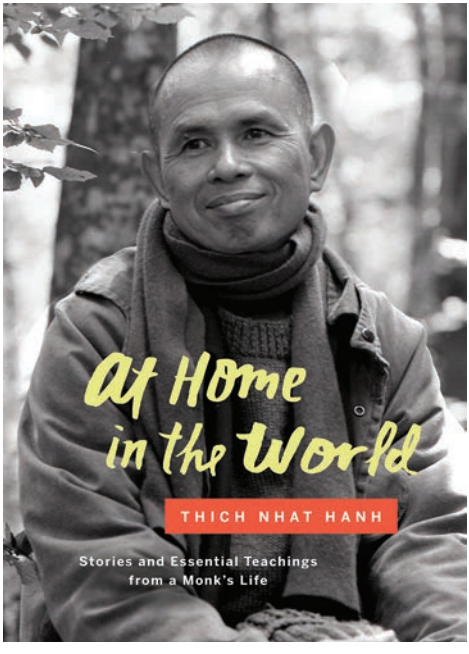

I knew I couldn't produce as many books in a day as a professional bookbinder or a machine, but I also knew that I loved my work. If you want to have a lot of money, you have to work hard and quickly, but if you live simply, you can work gently and in full awareness.

What would it take for you to enjoy your work?

At Home In The World

Stories and Essential Teachings from a Monk's Life

THICH NHAT HANH, ILLUSTRATED BY JASON DEANTONIS

In his long awaited biography, Zen Master Thich Nhat Hanh shares personal stories from his childhood in Vietnam, his life during war and exile, the founding of Plum Village, and his time traveling and teaching around the world. These stories, told with his signature simplicity and humor, illustrate Nhat Hanh's most essential teachings and share his lifelong difficulties and triumphs.

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How To Live

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THICH NHAT HANH

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Thich Nhat Hanh's bestselling series of pocket-sized guides on bringing mindfulness to daily activities. Now available in one beautiful boxed set, perfect for those brand new to meditation as well as those looking to deepen their practice.

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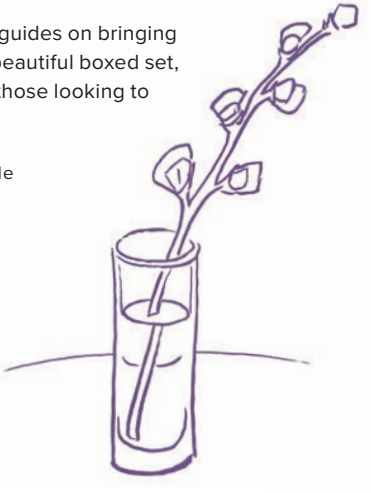

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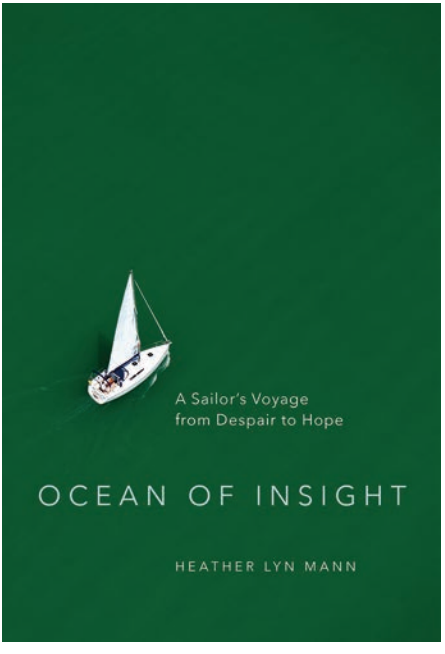

I look upon the jagged shore to calculate the time until impact. It's difficult to know exactly because the anchors scrape the ocean floor, slowing our descent. The storm is building. Waves the size of cars slam against the bow and drive us backward. The ship's engine picked this moment to break so Dave and I are suddenly, inexplicably, without power. The sun is slipping low so soon we will be without light too.

Ocean of Insight

A Sailor's Voyage from Despair to Hope
HEATHER LYN MANN

One woman's death-defying and life-affirming journey on the open ocean.

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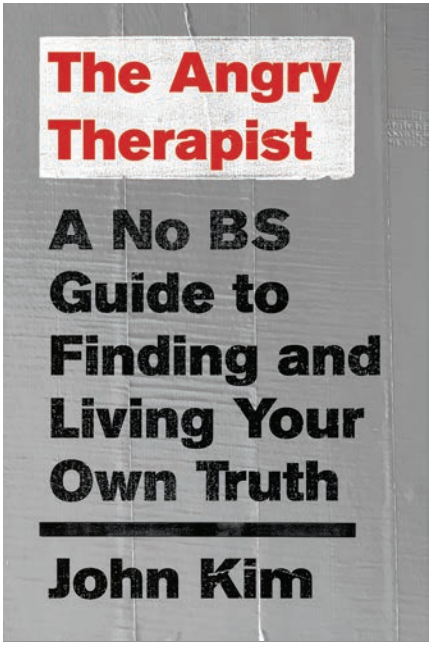

Self-help books are like bacon: they have a lot of fat. They're greasy, slippery, and easy to forget. I think we have made growth complicated. The commercialization of wellness has turned growth into a sales pitch. Growth has sold out. It's time to take it off the stage and put it in the garage.

The Angry Therapist

A No BS Guide to Finding and Living Your Own Truth

JOHN KIM

A direct approach to finding purpose, power, and authenticity from *The Angry Therapist*, the man who's helped thousands.

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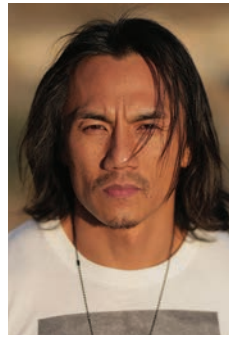

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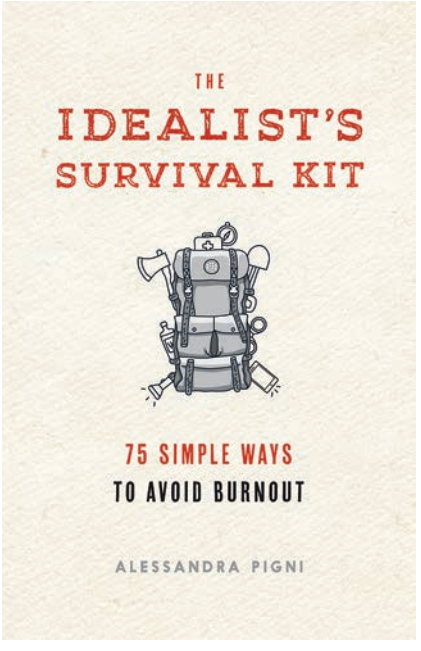

This book was born out of my own attempt to find ways to keep sane while serving others, to avoid becoming cold-hearted while exposed to overwhelming human and humanitarian crises, to not drown in cynicism while maintaining awareness of my own drives and needs.

The Idealist's Survival Kit

75 Simple Ways to Avoid Burnout

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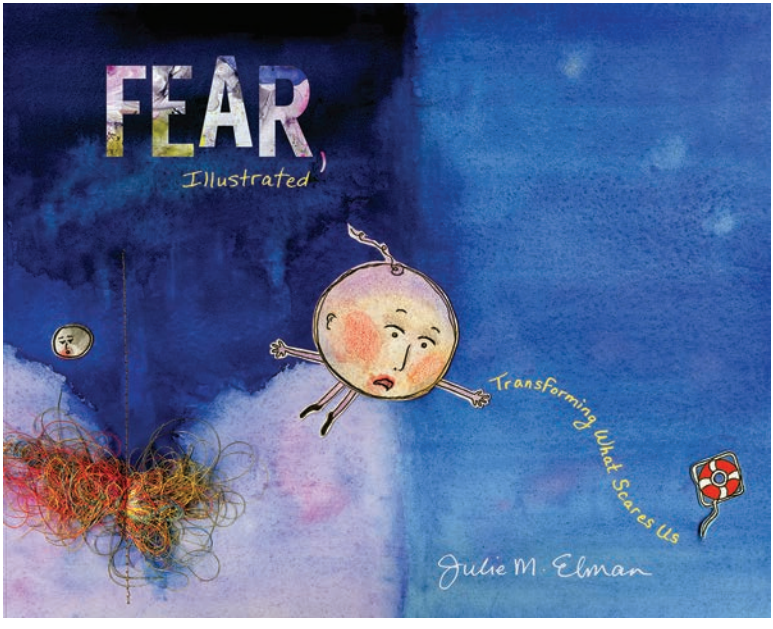

Fear, Illustrated

Transforming What Scares Us

JULIE M. ELMAN

A light-hearted and compelling visual exploration of the fears we confront in our daily lives.

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"Seeing my fear makes it less scary and gives me a sense of peace," one woman told me. "The fear felt like a bowling ball that I kept holding, but now I've thrown it. It's still out there—might always be out there—but I don't feel like I'm weighed down." Fear is deeply embedded in our everyday lives. But you and I, we are not alone.

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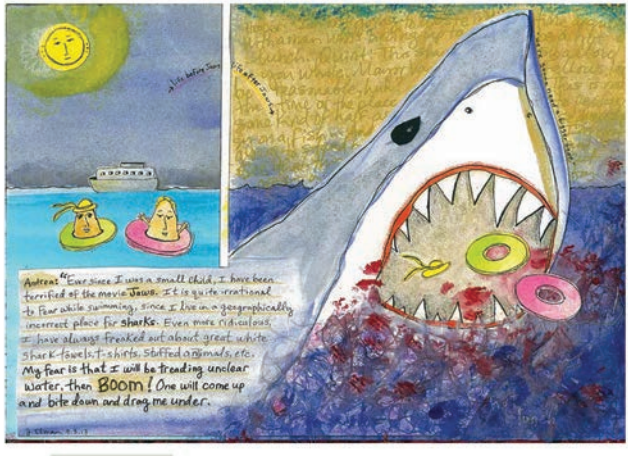


12
FEAR

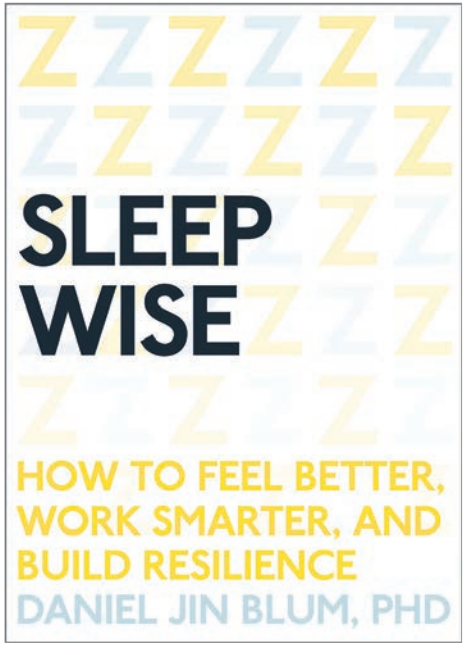
SHARKS
Andrea

"Ever since I was a small child I have been terrified of the movie Jaws. It is quite irrational to fear while swimming, since I live in a geographically-incorrect place for sharks"

LOSING TEETH
Joshua, 20

"Sometimes I worry that my teeth are just going to randomly fall out of my mouth. Sometimes I have nightmares that they slowly drop out of my head one by one..."

9
FEAR



Sleep is closely tied to the way we experience our waking lives. It is both a barometer and a tool for how we feel and interact with others. Sleep is also an activity that we practice every day. Approaching it intentionally and mindfully provides an opportunity to be more aware of and attuned to your life.

Sleep Wise

How to Feel Better, Work Smarter, and Build Resilience

DANIEL J. BLUM, PHD with Emily Tsiang

One of the country's top experts on sleep reveals a time-tested holistic approach to get the rest you need to be productive, healthy, and happier during the day.

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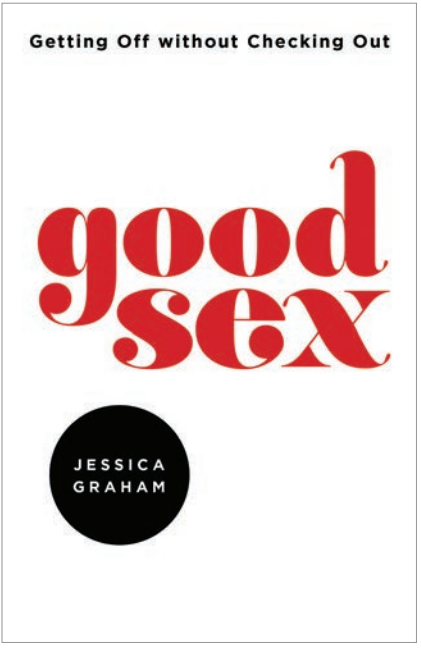

Each touch, breath, and rush of pleasure is a kind of communication. If we listen to our partner with our whole body, we can learn to read and attune to their every move. This kind of sexual communication can seem like magic, but it's just the result of being present and mindful with yourself and your partner.

Good Sex

Getting Off without Checking Out

JESSICA GRAHAM

Connect more deeply and feel more fulfilled with this intimate and explicit look at why mindful sex is good sex. Keep this book by your bed.

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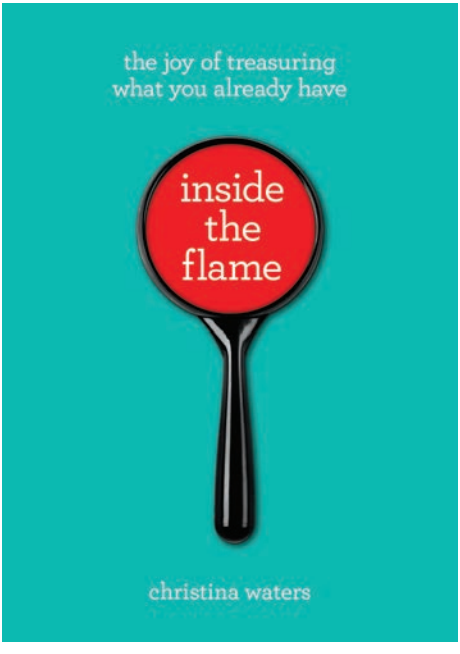

An oversized embroidery frame held the fabric beast I'd assembled while I applied teensy little eye-watering, hand-cramping stitches to small areas. It took many, many long evenings of handiwork and the commitment not to give up. When I laid the finished quilt on the bed for the first time, I wept. In front of me was a beautiful object that embodied a sensory landscape of my life's history.

Inside The Flame

The Joy of Treasuring What you Already Have

CHRISTINA WATERS, ILLUSTRATED BY ALICE KOSWARA

For those who only want objects that bring them joy comes this collection of stories on finding the joy and magic in everyday objects and experiences.

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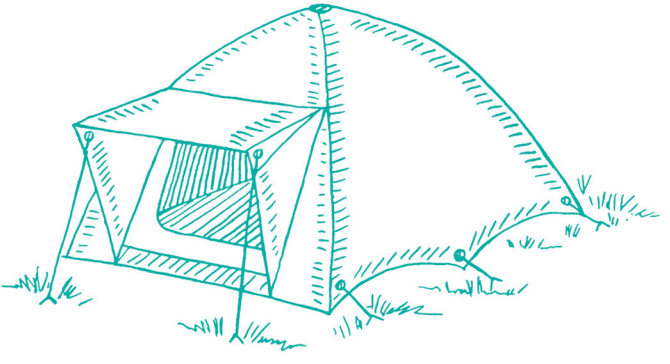
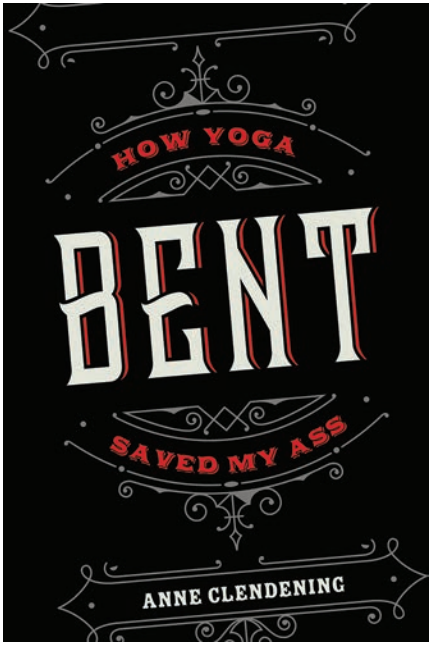
your turn

Spend a night outdoors, out of your comfort zone. Drag a mattress onto your balcony or deck, or pitch a tent in your backyard. Listen to the night sounds, and try to identify the animals and birds you can hear. Do you remember the name of any constellations? Make some up.





I'm here to tell you, yoga saved the ass of a girl who was once so high on mushrooms she lit her hair on fire by accident at a Depeche Mode concert. Now I get up at 5:15 in the morning to teach 6:00 a.m. yoga classes. 6:00 a.m. Wanna come?

Bent

How Yoga Saved My Ass

ANNE CLENDENING

A yoga teacher with attitude shares irreverent stories about addiction, heartbreak, and illness.

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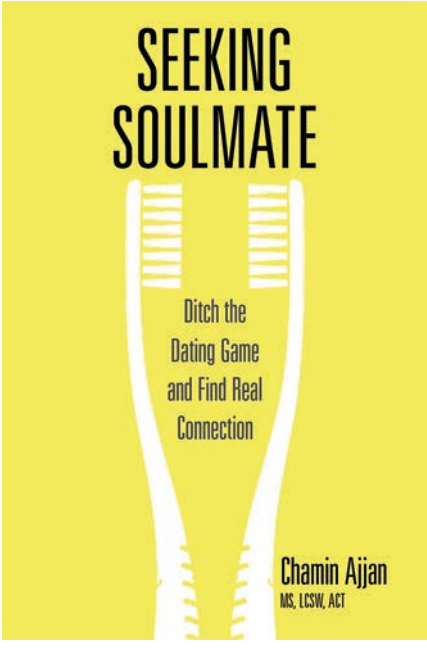

The dating trap is the hazardous act of engaging in similar behavioral patterns around dating or unhealthy relationships due to lack of awareness, unresolved issues, automatic thoughts, and core beliefs. To break loose of the trap is an art, and like any art form you must learn the steps, develop the skills, and practice, practice, practice.

Seeking Soulmate

Ditch the Dating Game and Find Real Connection

CHAMIN AJJAN MS, LCSW, ACT

Transform dating and the often-fraught search for a relationship into a fun, rewarding adventure using mindfulness techniques and practices.

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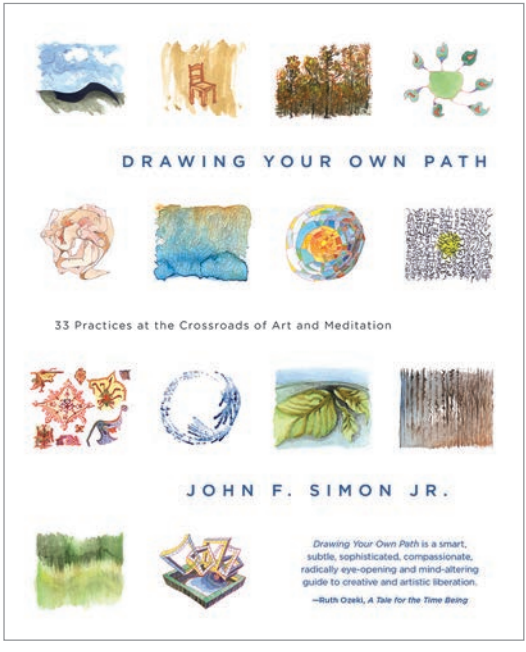

To the question, "If I want to make a good drawing, how do I go about it?" I say, yes, go about it exactly that way: use your desire to catalyze a regular creative practice and your discernment to judge what is good. Then you'll find yourself well along the path.

Drawing Your Own Path

33 Practices at the Crossroads of Art and Meditation

JOHN F. SIMON JR.

An artist whose work hangs in many of the world's museums provides a portal into awakening your spirit through a daily drawing practice.

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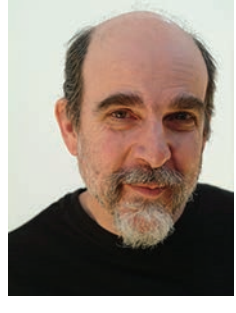

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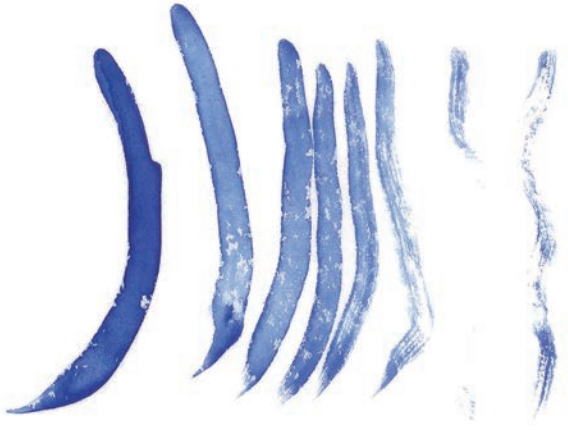
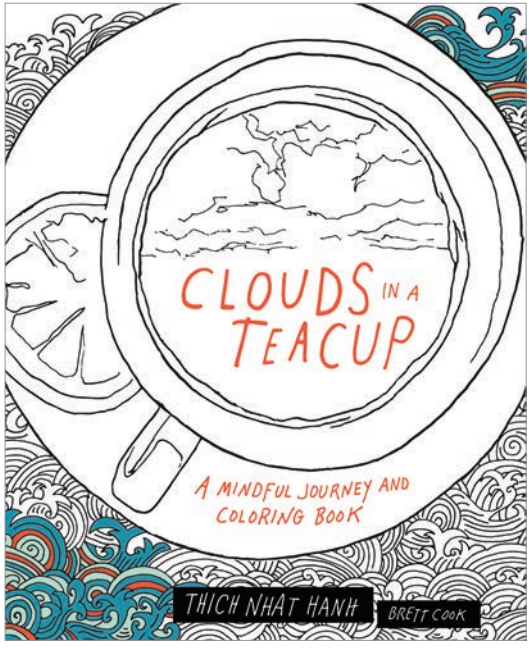


Breaths like children
Allow for them
They rise on their own
Give them attention as they grow
Release them as they go away
Wait patiently for their return

Breaths
09.26.2013

66

best sellers in art and creativity



Breathing in,
I am aware of my hands.
Breathing out,
I smile to my hands.

Clouds in a Teacup

A Mindful Journey and Coloring Book
THICH NHAT HANH
ILLUSTRATED BY BRETT COOK

Brett Cook's images and Thich Nhat Hanh's words remind you of our interconnection as you color these meditative images.

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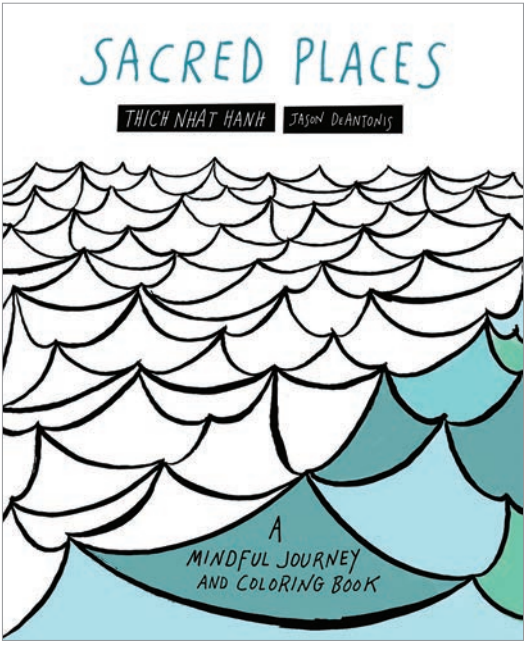

The universe is fully present in you, in every one of your cells.

Sacred Places

A Mindful Journey and Coloring Book
THICH NHAT HANH
ILLUSTRATED BY JASON DEANTONIS

Black-and-white images of magical places by Jason DeAntonis are paired with Thich Nhat Hanh's wisdom, inviting you to color and create your own sacred space.

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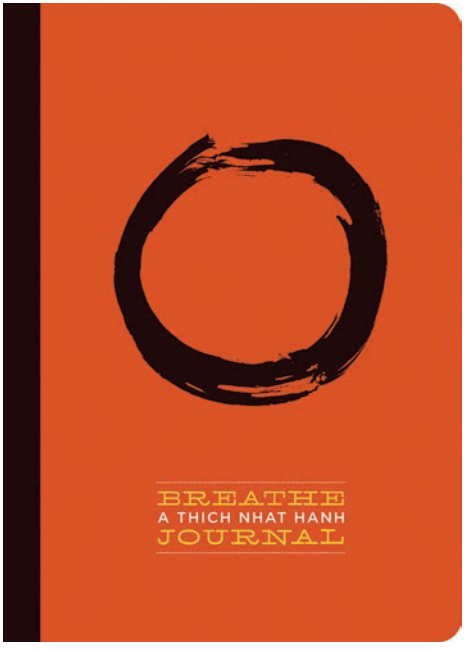

Breathing in,
I feel my strong emotions.
Breathing out,
I smile.
I stay with my breathing
so I won't lose myself.

Breathe Journal

A Thich Nhat Hanh Journal

THICH NHAT HANH

Excerpts from Thich Nhat Hanh's best-loved writings and black-and-white photos from Plum Village complement beautifully designed blank pages in this paperback journal.

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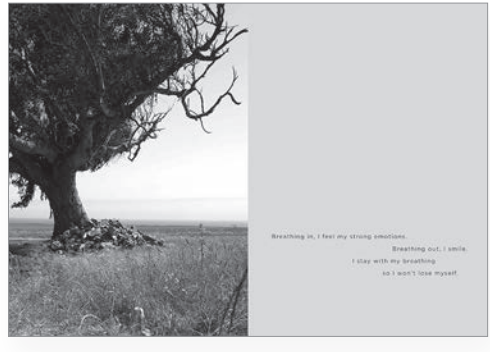

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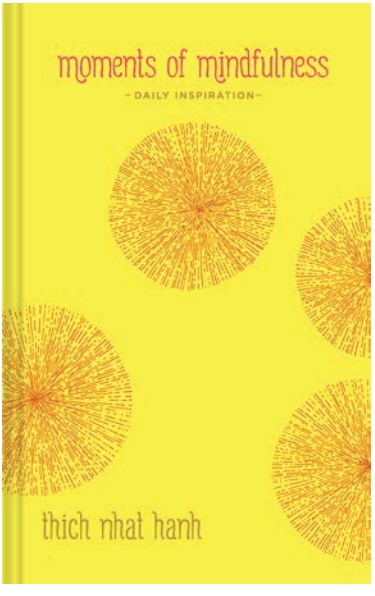

The Earth will be safe
when we feel safe in ourselves.

Moments of Mindfulness

Daily Inspiration

THICH NHAT HANH, ILLUSTRATED BY JENIFER KENT

This gorgeous hardcover pairs the timeless wisdom of Thich Nhat Hanh with original artwork by Jenifer Kent. Open it to any page for a moment of inspiration.

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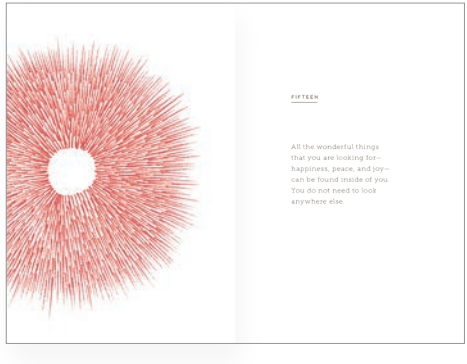

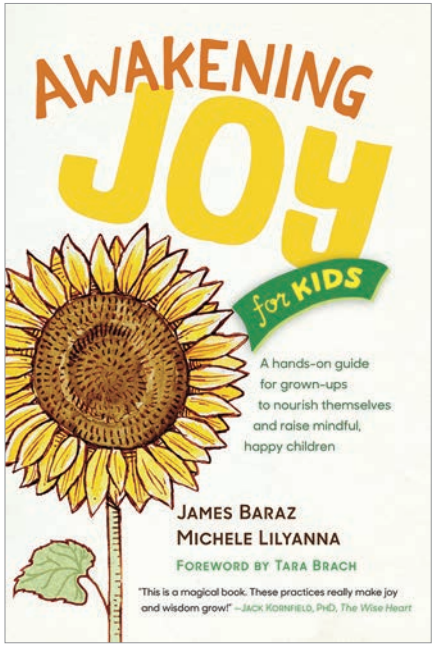

What we teach our children comes back to us, and when it's a practice of becoming present and opening our hearts, the benefits ripple beyond what we can imagine. The practices offered in *Awakening Joy for Kids* help parents, teachers, and kids to learn the pause that can make all the difference in a day, and in a lifetime.

Awakening Joy for Kids

A hands-on guide for grown-ups to nourish themselves and raise mindful, happy children
JAMES BARAZ and MICHELE LILYANNA

Spirit Rock Meditation Center founder and popular online teacher James Baraz, working with longtime elementary school teacher and innovator Michele Lilyanna, adapts his signature take on how to nurture happiness into recipes for raising joyful kids.

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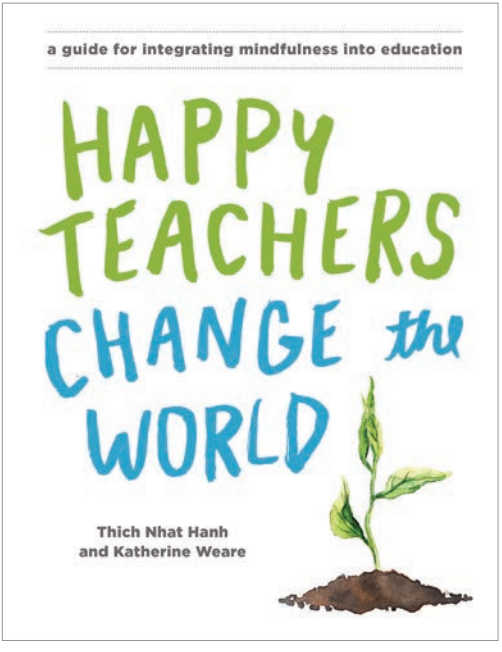

Although mindfulness meditation is popularly associated with sitting still, being present is something we can do during any activity, anywhere, at any time, in the very middle of life. Moving practices, such as walking, can sometimes be more appropriate for lively or agitated minds and bodies than sitting or lying down practices, which can feel entrapping. As adults, we may find that mindful walking allows us to feel more childlike and free again, recalling a time when we used to live more vividly in the present moment.

Happy Teachers Change the World

A Guide for Integrating Mindfulness into Education

THICH NHAT HANH and KATHERINE WEARE

The Plum Village approach to mindfulness in education is being used in classrooms across the globe. This is the first official authoritative manual, featuring concrete and well-researched lesson ideas, as well as stories from teachers and practitioners around the globe.

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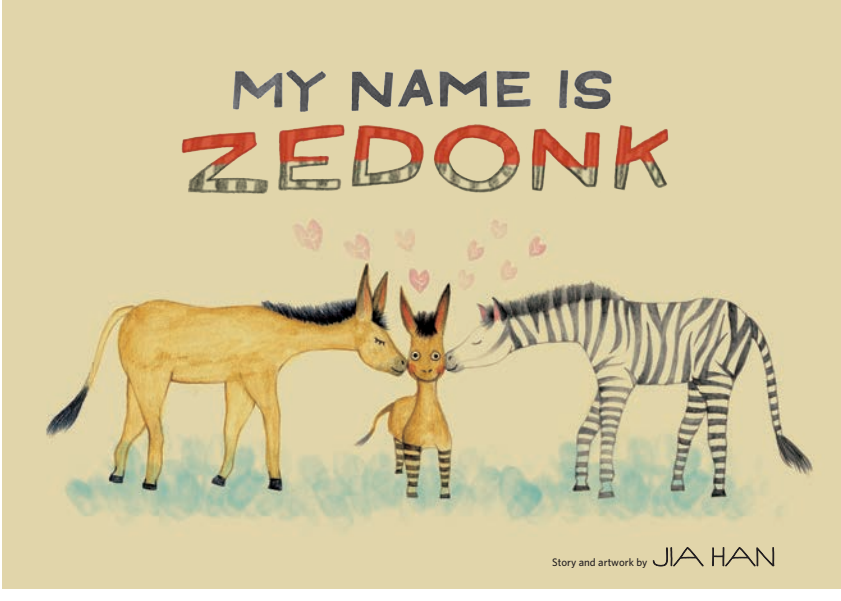

My Name Is Zedonk

JIA HAN

Mixed families are celebrated in this gentle story about the marriage of a donkey and a zebra.

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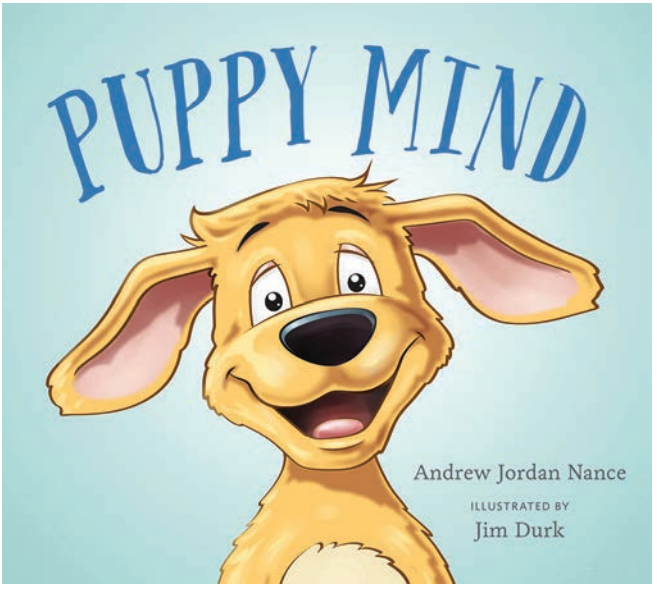

Puppy Mind

ANDREW JORDAN NANCE, ILLUSTRATED BY JIM DURK

A lighthearted story about our wandering minds shares the basics of mindfulness, illustrated by the man who brought us *Clifford the Big Red Dog* and Thomas and Friends books.

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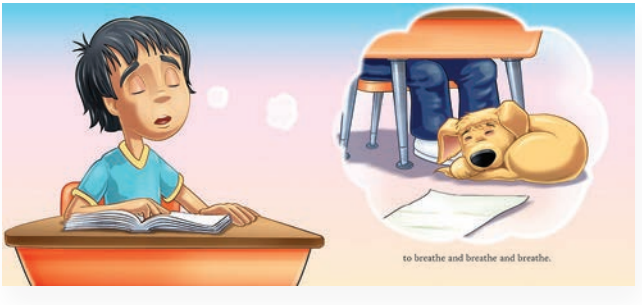
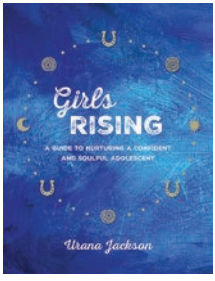


children, families, and educators



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A Guide to Nurturing a Confident and Soulful Adolescent
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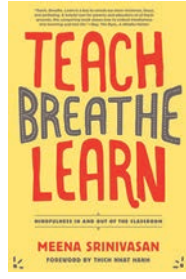

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MEENA SRINIVASAN

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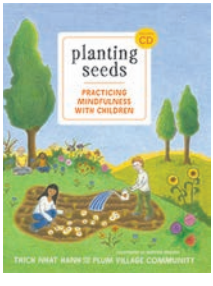

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THICH NHAT HANH

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RACHEL NEUMANN
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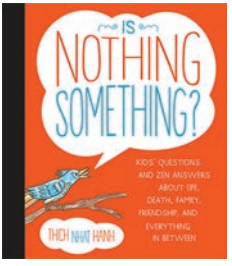

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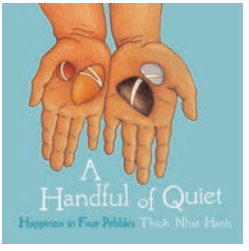

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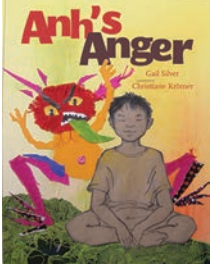

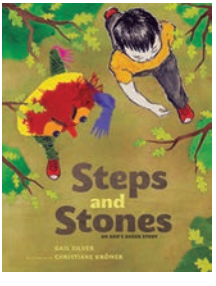

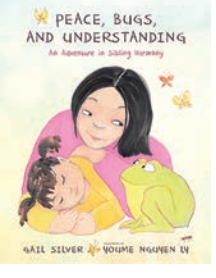

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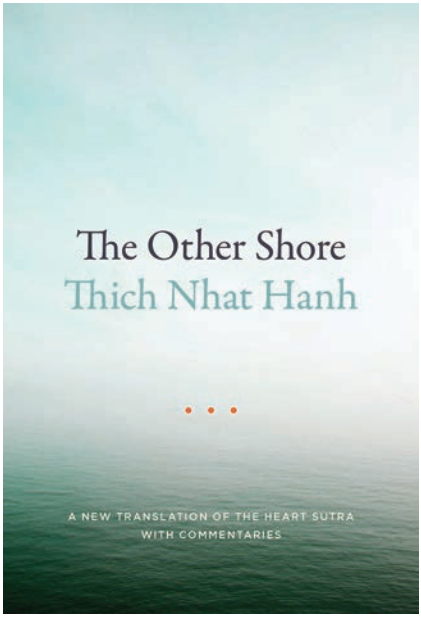

The word *prajna* is usually translated as "wisdom," but wisdom is somehow not able to convey the meaning. Understanding is like water flowing in a stream. Knowledge can be an obstacle to understanding. If we take something to be the truth, we may cling to it so much that even if the deeper truth comes and knocks at our door, we won't want to let it in. We must learn to transcend our own views.

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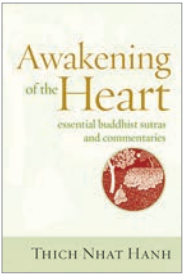

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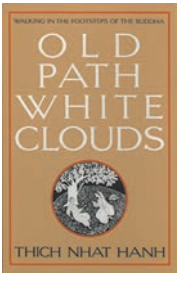

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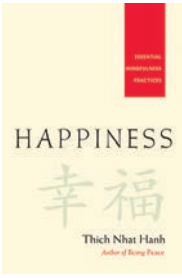

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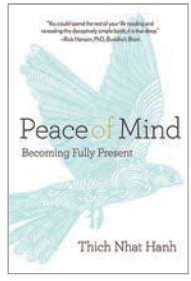

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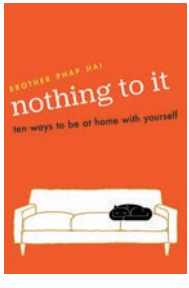

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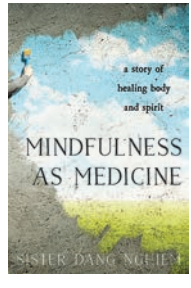

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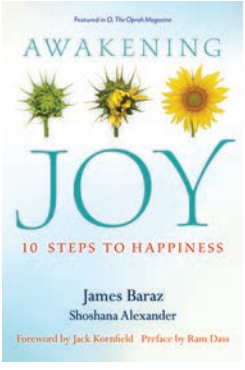

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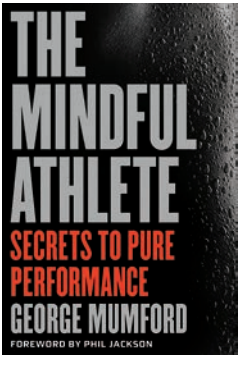

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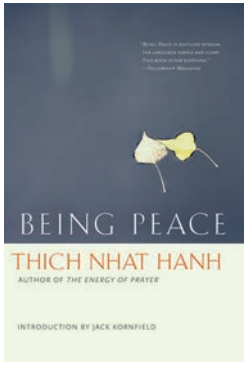

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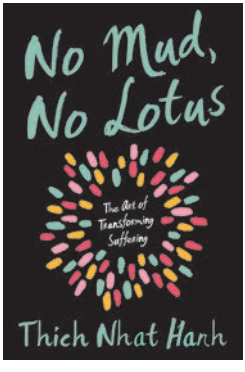

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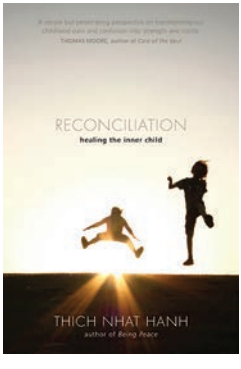

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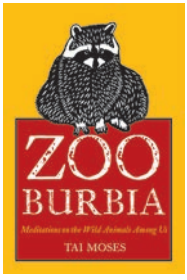

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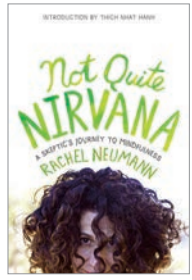

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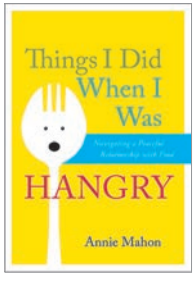

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