

How to Relax

author: Thich Nhat Hanh

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Synopsis

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Audible Editors Top Pick

Stop, relax mindfully, and recharge to control stress and renew mental freshness and clarity.

The fifth book in the bestselling Mindfulness Essentials series, a back-to-basics collection from world-renowned Zen Master Thich Nhat Hanh that introduces everyone to the essentials of mindfulness practice.

Thich Nhat Hanh says that when we relax, we become calm water, and we will reflect reality as it is. If we're not calm, the image we reflect will be distorted. When the image is distorted by our minds, it's not the reality, and it causes lots of suffering. Relaxation is essential for accessing the tranquility and joy that lead to increased personal well-being. With sections on healing, relief from nonstop thinking, transforming unpleasant sounds, solitude, being peace, and more, *How to Relax* includes meditations you can do to help you achieve the benefits of relaxation no matter where you are.

Scientific studies indicate that meditation contributes tremendously to well-being, general health, and longevity. *How to Relax* is a unique gift for those who want a simple guide to achieving deep relaxation, controlling stress, and renewing mental freshness and clarity, appropriate for those practicing in any spiritual tradition, whether seasoned practitioners or new to meditations.

Reader's comments

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