

# Kindle How to See

## How to See

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Reach true clarity and insight by looking deeply, minimizing misperceptions, and having the courage to see things as they really are. The seventh 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. Profound and always approachable, Thich Nhat Hanh teaches us the art of looking deeply in to our knee-jerk assumptions and runaway thoughts so we can recognize the true meaning and essence of our lives. How to See teases apart the act of seeing—both inside and outside of ourselves, and points the way to developing true clarity. Written with his signature warmth, these pithy meditations are accompanied by playful sumi-ink drawings by California artist Jason DeAntonis.

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