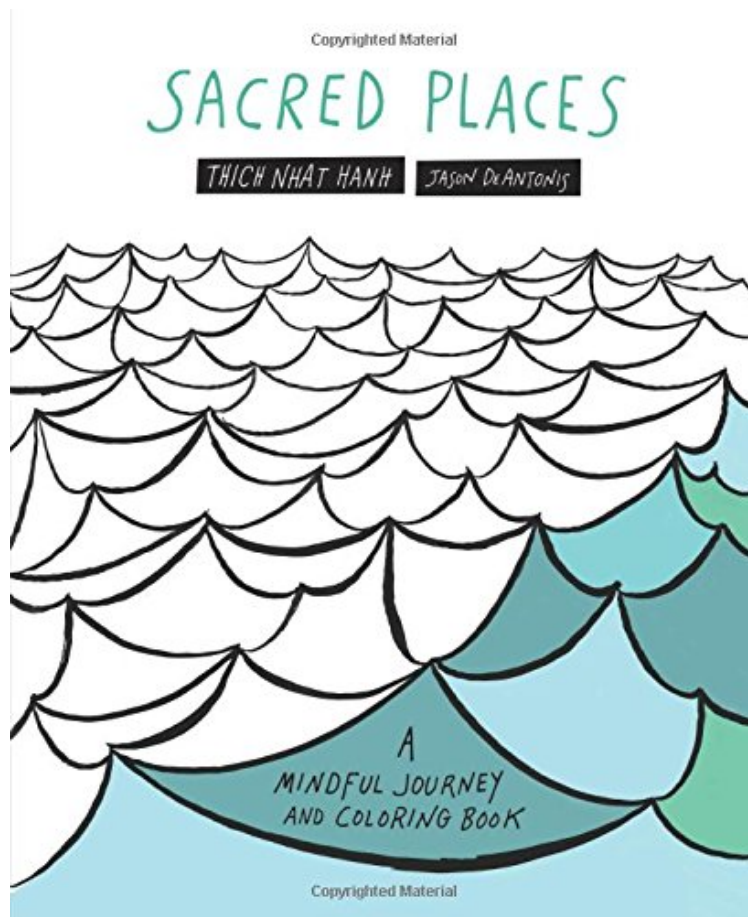


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## Sacred Places: A Mindful Journey and Coloring Book

*Thich Nhat Hanh*

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**Thich Nhat Hanh : Sacred Places: A Mindful Journey and Coloring Book** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Sacred Places: A Mindful Journey and Coloring Book:

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In this second book in our Mindful Journey Coloring Book series, Thich Nhat Hanh's wisdom is paired with black-and-white renderings of magical places and simple interiors created by multi-faceted Berkeley, California artist Jason DeAntonis, the bestselling illustrator of the Mindfulness Essentials series. Each image offers a contemplative setting that you can make your own; the process of applying your own vision while considering Nhat Hanh's teachings will allow for deep relaxation, creative abandon, and the creation of personal happiness. All images are printed on the highest quality non-bleed recycled paper.

About the Author Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books include *Be Free Where You Are* and *Peace of Mind*. He lives in Plum Village in southwest France. Nhat Hanh has been teaching the art of mindful living for more than 70 years. Jason DeAntonis is an award-winning polymathic Bay Area artist, known for his fine carpentry, custom furniture, and detailed woodwork. He has also worked in sculpture, costume design, glass blowing, painting, printmaking, and book illustration. His work has appeared in *Mindfulness in the Garden*, *How to Sit*, *How to Eat*, and *How to Love*. He lives in Berkeley, California.