

Transform Your Life and Relationships

In today's world, many people are coming to the realization that searching for happiness through achievements and material possessions simply adds to their rising stress levels, only bringing them more chaos and unhappiness.

True inner peace only comes through the realization of who you are at the deepest level, and development of the inner strength to meet life's challenges. When you are ready to be truly at peace, *Mindfulness Meditation Made Simple* will show you the way, and give you the results you want.

Through this new and unique 12-step approach, you will learn how to:

- Overcome the stress of daily life
- Improve your health and well-being
- Heal the emotional wounds from your past
- Improve your relationships with loved ones
- Discover your true potential

And when you see for yourself that you're connected with the rest of humanity, loneliness and insecurity will disappear forever.

"Charles' unique approach to teaching mindfulness meditation is refreshing."

Bhante Henepola Gunaratana, best-selling author of *Mindfulness in Plain English*

"Simple, direct, and practical...an effective path to making mindfulness a part of your life."

Elisha Goldstein, PhD, coauthor of *A Mindfulness-Based Stress Reduction Workbook*

"*Mindfulness Meditation Made Simple* is a blueprint for inner peace and serenity."

Sarah McLean, best-selling author of *Soul-Centered*




Charles A. Francis is the cofounder and director of the Mindfulness Meditation Institute. He is a speaker and consultant, and has a passion for helping people and organizations realize their full potential through the practice of mindfulness. He has studied mindfulness with Zen master Thich Nhat Hanh, and leads workshops and retreats in Raleigh, NC, where he resides.

www.MindfulnessMeditationInstitute.org

@CharlesAFrancis, @TrainingMindful

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MINDFULNESS MEDITATION MADE SIMPLE

Charles A. Francis 

"In a hands-on style, this book effectively cuts through common obstacles to the practice."

—Sharon Salzberg, author of *New York Times* best seller *Real Happiness*



Mindfulness Meditation Made Simple

Your Guide to Finding True Inner Peace



The 12 Steps of the Mindfulness Meditation Practice

Foreword by Bhante Henepola Gunaratana
best-selling author of *Mindfulness in Plain English*

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