

Mindfulness Meditation Made Simple: Your Guide to Finding True Inner Peace

Transform your life and relationships with The 12 Steps of the Mindfulness Meditation Practice from mindfulness meditation expert Charles A. Francis.

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, only bringing them more chaos and unhappiness.

As they are forced to re-evaluate the direction of their lives, they begin searching for an alternate road to happiness and inner peace. That's why millions of people are taking up the practice of mindfulness meditation.

In ***Mindfulness Meditation Made Simple: Your Guide to Finding True Inner Peace*** (Paradigm Press), mindfulness meditation expert Charles A. Francis shares his 12-Step approach that will transform your life and that of your friends, family and community.

Charles shares insight and personal wisdom that helps you:

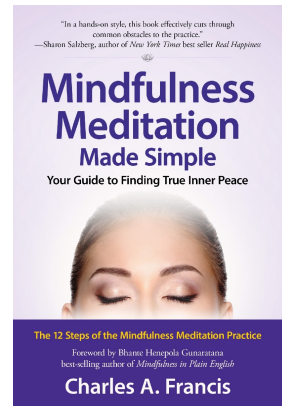
- Overcome the stress of daily life
- Improve your health and well-being
- Heal the emotional wounds from your past
- Improve your relationships with loved ones
- Tap into your inner strength
- Unleash your creativity
- Look and feel younger
- Conquer stubborn habits
- Discover your true potential

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

"In a hands-on style, **Mindfulness Meditation Made Simple** effectively cuts through common obstacles to the practice." —Sharon Salzberg, author of *New York Times* bestseller *Real Happiness*

"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*

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Charles A. Francis
Co-founder and director of
the Mindfulness Meditation
Institute

**Are you stressed?
Find inner peace
with mindfulness
meditation.**

"Mindfulness meditation is a training of the mind that will help you overcome your fears and painful emotions, so you can be free of your suffering. Just as an athlete trains his body, a meditator trains his mind."

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About the Author

Charles A. Francis is the co-founder and director of the Mindfulness Meditation Institute. He has studied the practice of mindfulness with Zen master Thich Nhat Hanh. For over 18 years, he has worked to help people find inner peace through mindfulness.

He has published numerous articles, and is the author of the new ebook, ***Mindfulness in the Workplace: How Organizations Are Using Mindfulness to Lower Health Care Costs and Increase Productivity.***

Charles has a master's degree in Public Administration from Syracuse University, with a focus on healthcare management and policy. He has worked for the North Carolina State Senate in writing legislation to address childhood obesity, and improve government efficiency. He has a background in accounting and business management, and has served as CEO of ITC, an international telecommunications company.

In addition to teaching mindfulness meditation to individuals, Charles is a speaker and does consulting to help organizations develop mindfulness training programs for their staff, in order to help them realize the cost-saving benefits of the mindfulness practice. He also leads workshops and mindfulness meditation retreats. He can be contacted at Charles@MindfulnessMeditationInstitute.org.

About the Mindfulness Meditation Institute

The Mindfulness Meditation Institute (www.MindfulnessMeditationInstitute.org) was founded in 2012 by Charles and co-founder Mary Sovran, who also has more than 18 years of meditation experience. Since then, the company has helped thousands of people learn mindfulness meditation through clear and simple instructions. Its rapidly growing following totals more than 85,000 people worldwide, including many high-profile figures. The Mindfulness Meditation Institute has a worldwide network of meditation groups using its unique 12-step approach.

The company's mission is to help people realize their full potential and find inner peace through the practice of mindfulness meditation, so they can live rich and fulfilling lives and become messengers of peace in their workplace, community, and society. The Mindfulness Meditation Institute also strives to help organizations achieve greater productivity and lower healthcare costs through the practice, increasing profitability and encouraging conscientious stewardship of their community.

"Our goal is to give people the skills and tools to help build a more mindful society, and make efficient use of limited resources, so that we do not put undue stress on the economy, environment, and fragile societies," says Charles.

"If you want to change the world, you must first change yourself."

The 12 Steps of the Mindfulness Meditation Practice will give you a solid foundation of the practice as quickly as possible. You'll learn how to develop mental discipline and deep insight. You'll discover for yourself that true inner peace is well within your reach, no matter how restless your mind may be. As you realize inner peace, you will naturally want to share the practice with others.