

# **Mindfulness Meditation Made Simple:**

## **Your Guide to Finding True Inner Peace**

By Charles A. Francis

### **Author Biography**

#### **Short Bio**

Charles A. Francis is the cofounder and director of the Mindfulness Meditation Institute. He has published numerous articles, and is the author of the new book, *Mindfulness Meditation Made Simple: Your Guide to Finding True Inner Peace*.

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. To learn more, visit: [www.MindfulnessMeditationInstitute.org](http://www.MindfulnessMeditationInstitute.org).

#### **Long Bio**

Charles A. Francis is the cofounder 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 meditation. He has published numerous articles, and is the author of the new book, *Mindfulness Meditation Made Simple: Your Guide to Finding True Inner Peace*.

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

He also earned a master's degree in International Relations while studying in China and Japan. There he studied various facets of Asian culture, such as society, history, economics, and politics. He also studied both the Chinese and Japanese languages.

Charles has conducted research in systems evolution, and has identified the key principles by which systems evolve. These principles apply to all types of systems, such as organizational, social, economic, and biological systems. They have significant implications regarding how organizations develop and are managed, how public policy is structured, and how humans evolve physically and consciously.

Charles helps organizations develop mindfulness training programs, in order to help them realize the cost-saving benefits of the mindfulness practice. He also leads workshops and mindfulness retreats. He is available for consulting and speaking engagements. To learn more about the Mindfulness Meditation Institute, visit: [www.MindfulnessMeditationInstitute.org](http://www.MindfulnessMeditationInstitute.org).