

## What Other Authors Are Saying about "*Mindfulness Meditation Made Simple*"

"From his own experience, Charles Francis has developed a 12 step program for establishing a mindfulness meditation practice. *Mindfulness Meditation Made Simple* will be welcomed by recovery communities of all types. In a hands-on style, this book effectively cuts through common obstacles to the practice."—Sharon Salzberg, co-founder of the Insight Meditation Society, and author of *Real Happiness*

"In *Mindfulness Meditation Made Simple*, Charles Francis has given his readers valuable practical guidance on mindfulness meditation. It will help beginners gain a solid foundation of the practice. He engages his readers in lively discussion on mindfulness and clear comprehension. It is an invaluable book."—Bhante Henepola Gunaratana, author of *Mindfulness in Plain English*, and several other books on meditation

"Simple, direct, and practical, Charles Francis lays out an effective path to making mindfulness a part of your life, and a catalyst to greater personal ease, peace, and happiness."—Elisha Goldstein, PhD, author of *Uncovering Happiness: Overcoming Depression with Mindfulness and Self-Compassion*, and coauthor of *A Mindfulness-Based Stress Reduction Workbook*

"You may have read the cover story in Time magazine, or heard about world class athletes and celebrities extolling the virtues of mindfulness meditation. Modern science is now catching up with the subjective experiences that meditators have had for thousands of years. In his book, Charles Francis teaches in simple and elegant terms how you can be more creative, happier, and find fulfillment by practicing mindfulness meditation."—Sanjiv Chopra, MD, Professor of Medicine at Harvard Medical School, author, and motivational speaker

"The ancient practice of mindfulness meditation is comprehensively explained in *Mindfulness Meditation Made Simple*, for the beginner, experienced student, and anyone wishing to incorporate mindfulness into his or her life in a thorough, illuminating, and practical way."—Diana Winston, Director of Mindfulness Education at UCLA's Mindful Awareness Research Center, and coauthor of *Fully Present: The Science, Art, and Practice of Mindfulness*

"In *Mindfulness Meditation Made Simple*, Charles Francis offers us a roadmap from the surface of life to our center where a life worth living begins. With mindfulness, we remember that while we must live on the surface of life and exist in a human skin, the presence of the One is always with us, every moment, one step, one breath, one sacred second at a time.

Living closer to the center of our being is the practice of a lifetime, but so, too, is skillfully living on the horizontal plane—the surface of life. This book will guide you to that sacred intersection where your Being commingles with your doing in the most amazing ways! Read this book as the first in your mindfulness practice—it will change your life."—Dennis Merritt Jones, award-winning author of *Your Redefining Moments: Becoming Who You Were Born to Be*, and *The Art of Uncertainty: How to Live in the Mystery of Life and Love It*

"I appreciate the way that Charles Francis has drawn from his personal experience to write the 12 Steps of Mindfulness Meditation Practice. In particular, I recommend his advice for practicing deep listening, mindful speech, and a forgiving approach to relationships."—Susan Gillis Chapman, author of *The Five Keys To Mindful Communication*

"Mindfulness meditation has extensive, well-researched benefits, and Charles Francis has created a clear, progressive, 12-step guide for learning and applying the practice. *Mindfulness Meditation*

*Made Simple* is a helpful resource to get you started and keep you on track.” —Stephan Bodian, author of *Meditation for Dummies*, and the Mindfulness Meditation mobile program

“Charles Francis’ *Mindfulness Meditation Made Simple* is an incredibly helpful resource that provides easy to implement guidance to those who are just beginning a mindfulness meditation practice, as well as to those looking to expand and deepen their existing practice. In 12 simple, concise steps Francis teaches the basics of the mindfulness meditation practice, gives guidance on enhancing more advanced practice, addresses eliminating obstacles to spiritual growth (the five hindrances), provides direction for writing meditation, and encourages teaching others.

As a mindfulness practitioner and teacher myself, I love how this book not only gently nudges you toward a more mindful approach to living in all areas of your life, but also gives you the skills to heal past wounds, deepen your relationships, eliminate suffering, and achieve an amazing feeling of inner peace.

You will understand how the Three Jewels from Buddhism can speed up your spiritual evolution, and you will have everything you need to create or participate in a meditation group to enhance your practice. Plus, the expertly designed exercises at the end of each chapter will guide and quicken your progress to help you truly transform your life.”—Debra Burdick, LCSWR, BCN, author of *Mindfulness Skills Workbook for Clinicians and Clients: 111 Tools, Techniques, Activities and Worksheets*. [www.TheBrainLady.com](http://www.TheBrainLady.com)

“In *Mindfulness Meditation Made Simple*, Charles Francis shows us how to realize our full potential through the practice of mindfulness meditation. This book distills the essence of mindfulness meditation with clarity and skill, offering these perennial wisdom teachings in a universally accessible way. I highly recommend this book.”—Shauna Shapiro, PhD, coauthor of *Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child*, and *The Art and Science of Mindfulness*

“*Mindfulness Meditation Made Simple* is great for both beginning and experienced meditators. Charles Francis draws on his own profound experiences and insights to show beginners how to get off to a great start, and then how to get the most from your meditation practice. I recommend it to anyone serious about meditation.”—Dr. Ian Gawler, OAM, author of *The Mind that Changes Everything*, and *Meditation: An In-Depth Guide*

“*Mindfulness Meditation Made Simple* is a practical book to learn mindfulness meditation. Charles Francis gives you the essential meditation tools for finding more balance, joy, and peace in your life.”—Bob Stahl, PhD, coauthor of *A Mindfulness-Based Stress Reduction Workbook*, *Living With Your Heart Wide Open*, *Calming the Rush of Panic*, and *A Mindfulness-Based Stress Reduction Workbook for Anxiety*

“Here is a simple but in-depth set of tools for practicing mindfulness both in meditation and in daily life. Charles shows us step-by-step how Buddhism and mindfulness contribute to our becoming psychologically and spiritually healthy.”—David Richo, author of *How to Be an Adult in Love: Letting Love in Safely and Showing It Recklessly* (Shambhala, 2013)

“This book provides a great introduction to and overview of mindfulness practices that anyone with the desire to enhance his or her life can easily use.”—Sandra Waddock, author of *Intellectual Shamans: Management Academics Making a Difference*, Cambridge, in press.