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| John Hunt Publishing - **O-BOOKS** - announces the new title |
| **Mindfulness Based Living Course**Choden, Heather Regan-AddisA self-help version of the popular Mindfulness eight-week course, emphasising kindness and self-compassion. Mindfulness is an innate capacity of the mind that can be trained to alleviate stress and low mood, to reduce the power of rumination and self criticism, and to evoke emotional well being and proactivity. The Mindfulness Based Living Course is a practical guide to the development of a mindful approach to living in the modern world. Its distinctive feature is a compassionate approach to mindfulness that is based on many years of experience in the practice and delivery of mindfulness training by two of its leading exponents - the former Buddhist monk Choden and Heather Regan-Addis, both directors of the Mindfulness Association.**Author Bio**Formerly a monk within the Karma Kagyu tradition of Tibetan Buddhism, Choden (aka Sean McGovern) completed a three-year, three-month retreat in 1997 and has been a practicing Buddhist since 1985. He co-wrote the bestselling Mindful Compassion with Prof. Paul Gilbert in 2013. He lives in Motherwell, North Lanarkshire, UK.Heather is a British Wheel of Yoga trained yoga teacher, has a PGDip in Mindfulness Based Approaches and a Master’s Degree in Studies in Mindfulness. In 2010, she co-founded the Mindfulness Association which is now one of the largest Mindfulness Training and Mindfulness Teacher Training organisations in the UK. Heather lives in Lockerbie, UK.Online: [Facebook](https://www.facebook.com/Mindfulness-Association-184663301642475/), [Author Website](http://www.mindfulnessassociation.net/Home.aspx), [Blog](https://membershipteachings.wordpress.com)**Previous Titles**Mindful Compassion (9781472119902) (co-written with Prof. Paul Gilbert), Robinson, 2015.**Endorsements***This user-friendly workbook connects mindfulness, warm-heartedness, and insight… reading it feels like being with a wise and encouraging friend. The writing is clear and direct, and comes from world-class mindfulness teachers. A wonderful resource!****Rick Hanson, Ph.D., author of Buddha's Brain*****Promotional Plans**Promotion via www.mindfulnessassociation.net, articles on popular mindfulness blogs. Promotion at teaching events which take place most weekends across the UK. 6000 strong mailing list. 10,000 strong Facebook following, JHP MBS social media promotion.**USP**A self-help version of the popular eight-week Mindfulness course which is designed to promote flourishing and wellbeing in the general public.**Competing Books**Mindfulness: A Practical Guide to Finding Peace in a Frantic World 9780749953089, by Mark Williams and Danny PenmanPiatkus, 2011**Categories**BODY, MIND & SPIRIT (General)(OCC010000) -> Mindfulness & Meditation(OCC010000)SELF-HELP (General)(SEL032000) -> Spiritual(SEL032000)SELF-HELP (General)(SEL019000) -> Meditations(SEL019000) |   | http://www.johnhuntpublishing.com/assets/docs/books/6505/jhp5a684283e9e36.jpg**Publication Date**November 2018 **Paperback**ISBN: 978-1-78535-832-6$16.95  |  £10.998.5x5.5 inches | 216x140 mm192PP**e-book**ISBN: 978-1-78535-840-1$7.99  |  £5.99**Library of Congress**2017950790 |
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