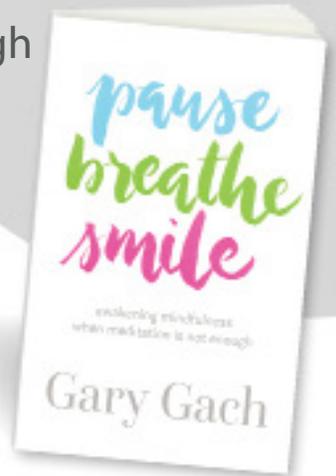


pause breathe smile

Awakening Mindfulness When Meditation Is Not Enough

by Gary Gach



On sale 9. 1. 18
Sounds True
Paperback Original

“Both simple and profound, practical and inspiring, humorous and heart-opening, immediately useful and thoroughly comprehensive...Such a sweet, wonderful book.”

—Rick Hanson, PhD, *New York Times* bestselling author

It's no secret. Mindfulness has become the fastest growing self-help trend since yoga. Yet, as is the case with many things, popularity can lead to trivialization and misunderstanding.

Lifelong meditator and author of the bestselling *The Complete Idiot's Guide to Buddhism*, Gary Gach brings us back to the basics by consolidating the mindfulness field and offering a new narrative with **PAUSE, BREATHE, SMILE: Awakening Mindfulness When Meditation Is Not Enough (On Sale 9/1; Sounds True Paperback Original)**. Here's a fresh, much-needed return to the vital ancient roots of popular modern mindfulness.

Gary points out that just because our eyes are open doesn't mean we're awake. He invites us to shift from our “auto-pilot” approach to life, to a manner of living fully, moment-to-moment. Drawing upon his +50 years' practice and his experience teaching in the tradition of beloved Vietnamese Zenmaster Thich Nhat Hanh, his is a candid, caring, down-to-earth voice, guiding us through the many profound, holistic benefits of pausing ... breathing ... smiling.

PAUSE *for intention*

- Create space where an impulsive reaction can become an intentional response.
- See how powerful moral values in action can be, for you & others.
- Discover an amazing game-changer: compassion as motivation.

BREATHE *for introspection*

- Attain full awareness through mere conscious breathing. (Test it out – right now.)
- Enjoy mindfulness & Zen in tandem, as “wellness cross-training”
- Stop mirroring fears or fantasies & instead calmly vividly reflect What Is

SMILE *for insight*

- Master the fine art of letting go, awakening us from the illusion of permanence.
- Step away from the mirage of selfhood & embrace your interconnectedness.
- Understand how the Art of Happiness includes the Art of Suffering. “No mud, no lotus.”

Each of these three groups of practices can be read (and re-read) in any order. And they interconnect in marvelous ways to weave a potent, resilient, personal path of healing and transformation in everyday life. **PAUSE, BREATHE, SMILE** is a gift to seekers old and new.

ABOUT THE AUTHOR:

Gary Gach is a freelance writer and a freelance mystic. He has engaged in many roles in life: actor, bookshop clerk, hospital admin, office temp, stevedore, teacher, and typographer. He's produced eight previous books. Gary lives in San Francisco. For more information, visit: GaryGach.com.

