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.

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.