

GARY GACH • 1243 Broadway 4 San Francisco CA 94109 • 415 771 77 93 • Gary.Gach@Gmail
GaryGach.com / books / pause-breathe-smile

FOR IMMEDIATE RELEASE

PAUSE • BREATHE • SMILE

Awakening Mindfulness When Meditation Is Not Enough
(Sounds True : September 1, 2018 / Tantor Audio : March 19, 2019)

Samantha Sacks, Publicist
SamanthaS@SoundsTrue.com
303 665 3151 x167

“Such a delightful approach to everyday mindfulness!”
—Sharon Salzberg, *New York Times* bestselling author

MINDFULNESS : GOOD MEDICINE FOR TRYING TIMES

BESTSELLING AUTHOR, POPULAR MINDFULNESS COACH AVAILABLE FOR INTERVIEW

It’s no secret. Mindfulness is the fastest growing self-help trend since yoga. Now it seems like everything is calling itself “mindful.” So Gary Gach [say “gawk”] sets us straight with his instant-classic, *Pause ... Breathe ... Smile* [PBS]. He “makes new” the vital, ancient, roots of popular modern mindfulness, for a general, mass audience.

Just as yoga is more than body poses (*asanas*), mindfulness is more than a technique. It is a path: a path of transformation of consciousness, at the base. Not a mere tool, it is a way. A way of living and being, 24x7.

PBS is a practical manual wedding the scientific and the spiritual. It touches on themes worth expanding, and leaves others out (such as the “McMindfulness” backlash) best explored in conversation. It anticipates how the field is now expanding to include ethics; also present is a necessary, simple, nondual worldview. And mindfulness here isn’t a retreat from the world but, rather, good medicine in difficult times, and a skillful basis for activist response on any front.

Gach is also author of the best-selling *Complete Idiot’s Guide to Buddhism* and he practices what he writes. Self-identified as a Buddhist since he was 11, he’s ordained by internationally beloved Vietnamese Zen Master Thich Nhat Hanh [“Tish N’yat Han”] – the “godfather” of mindfulness, who helped introduce it to Jon Kabat-Zinn. He’s been leading a weekly mindfulness group for 11 years. Recipient of grants, fellowships, and awards for his journalism, literary translation, and writing – his work has appeared in numerous anthologies and periodicals, including *BuddhaDharma*, *Christian Science Monitor*, *European Judaism*, *Harvard Divinity Bulletin*, *Huffington Post*, *The Nation*, *The New Yorker*, *Technicians of the Sacred*, *Tricycle*, and *Yoga Journal*.

PBS is an innovative book – essentially three pages followed by a three-part commentary. The three parts can be read in any order (“Smile...Pause...Breathe,” for example.) Not only an invitation anyone can follow anytime, the title’s three parts refer to intentionality, encouraging appropriate response rather than knee-jerk response ... a foundational meditation, based on not full breathing but, rather, full *awareness* of breathing ... and a mystic worldview anyone can adopt.

It’s been voted one of the best books of the year by *Spirituality & Practice*, and *AudioFile* celebrated it with an Earphones Award. Its varied endorsers include three *NYTimes* bestselling authors.

Gary makes an uplifting broadcast guest, gifted with a ready wit and an ability to speak candidly from personal experience. He’s appeared on over three dozen broadcast programs, including ABC, CBS, Clear Channel, PBS, Pacifica, VOA, Westwood One, ZDNet, plus various podcasts.

Website : goo.gl/Q4BwsD (see: media).