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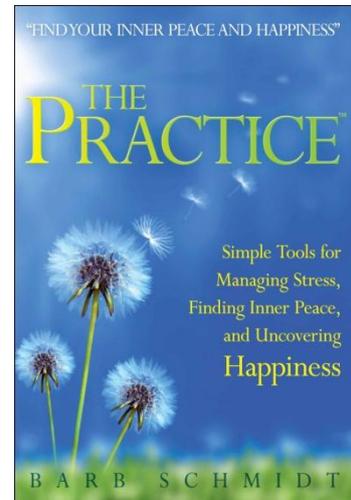
PRESS RELEASE

THE PRACTICE

**Simple Tools for Managing Stress,
Finding Inner Peace, and
Uncovering Happiness**

by Barb Schmidt

Published by Souvenir Press, April 2015, £10



The mind has an annoying way of interfering with our personal happiness, often causing stress and doubt, and preventing us achieving our life's goals. But, it doesn't need to be like that. With the help of **THE PRACTICE**, Barb Schmidt's three-point plan to personal happiness, you can train your brain to dismiss ill-founded worries and cultivate a happy, purposeful life. All it takes is just a few minutes of your day!

Specifically designed for those who live busy lives **THE PRACTICE** guides you through a set of practical tools that you can easily incorporate into your daily routine. The three-steps are:

1. **Waking Up: Meditation** – to set a peaceful tone for the day
2. **Living Present: Sacred Mantra, Focussed Attention, Reading for Inspiration** – designed to focus your mind on the moment and provide comfort and support
3. **Letting Go: Reflection** – a wind-down period to put the events of the day to rest

With Barb Schmidt's daily mindful practices you too can discover the inner peace and strength that exists inside us all. A complement to any religious or spiritual practice, as well as standing on its own, **THE PRACTICE** is aimed at people who are looking for confidence, less stress, and deeper meaning in their lives.

About the Author: *Barb Schmidt is a businesswoman and philanthropist who has spent more than 30 years developing her spirituality. She has studied with Thich Nhat Hanh and Deepak Chopra, and in 2011 founded **Peaceful Mind Peaceful Life**. Barb will be in the UK **from 23 April to 4 May** and is available for interview and speaking events.*

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