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THE MINDFULNESS CODE

New Book Offers Keys to Overcoming Stress, Anxiety, Fear, and Unhappiness

The price we pay for today's fast-paced, always-connected life is all too often stress, anxiety, and depression — but help is on the way. Drawing on ancient wisdom yet embracing 21st century science, psychotherapist and author Donald Altman creates practical, everyday strategies for experiencing a “less-encumbered and entangled state of being.”

In *The Mindfulness Code: Keys for Overcoming Stress, Anxiety, Fear, and Unhappiness*, Altman presents practices for turning four keys toward contentment, confidence, and joy. The four keys for unlocking mindfulness are the body, mind, spirit, and relationships.

The powerful tools Altman offers can help anyone who is ready to transform their life from the inside out. His mindfulness teachings and strategies are designed to develop the following three catalyzing qualities of living with awareness:

- **Centering** — Maintaining homeostasis of the body and brain much like a thermostat works to help an air conditioner or furnace maintain a constant, comfortable temperature. Through centering, you learn how to better respond to the stresses of the inner and outer worlds that you inhabit.
- **Awareness** — Sharpening your mind's innate faculties. This begins with cultivating a neutral and non-judging awareness that is beyond thought, which allows you to observe events without attaching to them.
- **The Now** — Experiencing and participating in the moment in a genuine way. The now embodies your sense of being alive and the ability to express curiosity, wonderment, and joyfulness in the moment.

“In my psychotherapy practice many clients are greatly relieved when I tell them that there is an all-natural way to return inner balance and harmony to their bodies and minds,” writes Altman. “As we learn to stop fighting with the mind and allow it to be still, we discover the mind has a calm, refined, and pure quality that leads us toward a deep and abiding sense of happiness and serenity. For these reasons, *The Mindfulness Code* offers a hopeful and effective way of coping with 21st-century life and stress.”

About the Author

Donald Altman is the author of *The Mindfulness Code* and *Meal by Meal*. He is an adjunct professor at Lewis and Clark College Graduate School, teaches at Portland State University, and conducts mindful living and eating workshops nationally. A member of the Dzogchen Foundation and the Burma Buddhist Monastery Association, he lives in Portland, Oregon. Visit him online at <http://www.mindfulnesscode.com>.

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