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## **Are You Mindlessly Existing?**

### **Learn How Mindfulness Can Help You Experience and Enjoy More of the Life You Already Have**

Hertford, United Kingdom - A new book that helps people juggling the stresses of demanding bosses, school runs and social acceptance experience a fuller and more enjoyable life through applying simple mindfulness practices.

In **Mindfulness for the Mindless: A No Nonsense Guide to Breaking Free from a Mindless Life**, (Paperback £9.95, eBook £2.99, April 2018) author John Burley shows you the mindless traps that we all fall into and how to use mindfulness to escape them so you can experience and enjoy more of the life that you already have.

This straight to the point and practical guide doesn't just highlight many of the obvious mindless habits that we all have and just don't seem to recognise until they are pointed out to us, but it also shows you how simple it is to change them with some easy mindfulness techniques. In **Mindfulness for the Mindless: A No Nonsense Guide to Breaking Free from a Mindless Life**, Burley ignores all the usual spiritual associations of mindfulness and explains how mindfulness works in the brain and how to use mindfulness to increase your well being and happiness in situations that the average person finds themselves every day. With his casual chatty style Burley quickly explains:

- What mindfulness really is
- How mindfulness can benefit the average person day to day
- Why mindfulness works and how it affects your mind and thought patterns
- How to become happier with yourself
- How to become happier in and improve relationships
- How to be happier and enjoy work more
- How to be more mindful with using formal meditation

“Many of us are drifting through life focusing on the negative aspects of it instead of realising and appreciating what we have” says Burley, “We live in a time when humans have never had it so good, yet so many of us are mindlessly worrying about how bad things are in our lives in complete contrast to the

actual reality. I wrote this book to help the average person realise that while they are fretting about the past or worrying about the future, time is passing by, time that they will never get back. It's so easy to get lost amongst our thoughts, but it is also easy to get out of our minds and experience life in present moment when you know how.”

John Burley also runs a software development company in the Hertford, United Kingdom, mainly focused on the gaming industry. He has been using mindfulness and techniques described in this book to help improve relationships with customers, suppliers and ultimately the bottom line. In this book Burley brings his analytical brain that usually produces software solutions to understand how mindfulness works in our minds, and how we can all apply it in our everyday lives.

10% of all author royalties from **Mindfulness for the Mindless: A No Nonsense Guide to Breaking Free from a Mindless Life** are being donated to Mind: For better mental health. Mind is a UK based charity providing advice and support to empower anyone experiencing a mental health problem. “Our mind is an organ in our body and it doesn't always work for us in our best interest. Mental health affects us all in the same way as physical health, and just in the same way, when the mind has a problem, we need help. You wouldn't ignore or try to self treat a problem with any other organ in your body.” says Burley.

**Mindfulness for the Mindless: A No Nonsense Guide to Breaking Free from a Mindless Life**

(Paperback: £9.95, 252 pages, 5 x 8 in, ISBN: 978-1-9999953-0-0, eBook: £2.95 ISBN: 978-1-9999953-1-7) is available worldwide from Amazon, Barnes & Noble, iBooks, Kindle, Kobo, Google Books and Nook. For more information visit [www.mindfulnessforthemindless.com](http://www.mindfulnessforthemindless.com)

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