

PRESS RELEASE: Recovering lawyer provides 50 easy ways to be mindful and reduce stress

VANCOUVER, BC, September 20, 2016 – Maureen F. Fitzgerald, PhD, self-named recovering lawyer releases her newest book.

Titled, ***Mindfulness Made Easy – 50 Simple Practices to Reduce Stress, Create Calm and Live in the Moment at Home, Work and School***, this book explains what mindfulness is, describes how to be mindful and provides 50 easy and effective mindful practices.

Unable to find help for her anxious daughters, Dr Fitzgerald collected all she had learned from her own ten-year meditation and mindful practice and combined this with other research-based techniques to create this handy guide of 50 easy practices. Whether a beginner or an experienced practitioner each practice helps:

- reduce stress and induce calm
- increase concentration and focus
- improve life-balance
- reduce reactivity and promote acceptance
- increase empathy, compassion and connection

As Fitzgerald says, “When people pay attention to their body, their thoughts and their emotions, they wake up to a totally new way of understanding themselves and interacting with the world in amazingly positive ways.”

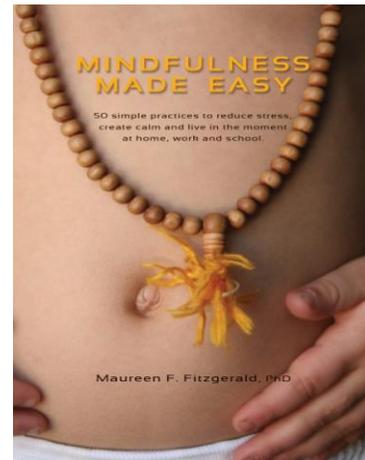
This collection of best practices is a book that can be kept on hand and used daily – at home, in the office or in a classroom. Examples include:

- How to calm your “monkey mind”
- How to eat mindfully
- How to relax by breathing deeply
- How to scan your body and release tension
- How to meditate without sitting on a pillow

If you are feeling stressed and whelmed and looking for a way to find calm and live in the moment, this book is for you.

Available on Amazon: <https://www.amazon.com/Mindfulness-Made-Easy-simple-practices/dp/0993984037/>

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“In a surprisingly short book, Fitzgerald has managed to pack in a remarkably practical and comprehensive collection of practices. ... eminently accessible. –David Tunnah, Management Consultant

“Beautiful and thoughtfully written. A must read for anyone interested in starting a mindfulness practice.” –Jeena Cho, attorney and author of “The Anxious Lawyer” (ABA)

About the Author: Maureen F. Fitzgerald, PhD, is a gender diversity advisor, former lawyer and author of 11 books. She practiced law for 20 years, was a law professor, studied MBSR (mindfulness based stress reduction) and facilitates Mindfulness Without Borders. She has a business degree (BComm), two law degrees (JD & LLM), and a doctorate degree (PhD).

