

Ten Zen Seconds - Blog Tour

Instant stress reduction and a whole new outlook on life!

**Reduce Anxiety and Center Yourself
in Just Ten Zen Seconds**

Dear Friend:

I would welcome the opportunity to visit your blog as part of my upcoming blog tour!

To publicize my latest book, Ten Zen Seconds, I will be going on a two-month tour starting in mid-April, visiting a different blog each day, where I will discuss the book and explain its valuable centering and mindfulness techniques. These techniques help people:

- *Reduce their anxiety*
- *Trust their inner resources*
- *Feel present in the moment*
- *Free themselves from the past*
- *Take necessary action*
- *Get their creative work accomplished*
- *Make personal meaning*
- *And much, much more*

The Library Journal review of Ten Zen Seconds declared that it is perfect "for anyone interested in improving his or her ability to center and to become calmer and more powerful." This is the first book to marry Eastern ideas of breath awareness and mindfulness with Western ideas of cognitive and positive psychology to produce a simple, powerful tool that you can use anytime and anywhere. You and your community will enjoy learning about this!

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How the tour will work:

1. I will put the blog tour schedule on the events page of my Ten Zen Seconds website. We will cross-link, so that folks coming to your blog can learn about the whole tour and folks coming to my site can learn about your blog and my appearance there.

2. Both you and I will publicize the tour in advance. I'll be sending notification of the tour to thousands of newsletter subscribers and my publisher will be providing publicity as well.

3. My publisher will send you a **free copy** of the book.

4. On the day of my appearance you can post an interview you and I will have prepared in advance (I will answer questions you submit to me) OR you can post a prepared interview that I can provide OR we can do something live, something unusual, something out of the box.

There will also be tie-in events for you to publicize and enjoy, including a **FREE four-part teleseminar series** on mindfulness techniques for the creative person. More on these tie-in events to come!

If you would like to learn more about Ten Zen Seconds, please visit: <http://www.tenzenseconds.com>

I hope that you'll want to host me for the day. I look forward to hearing from you that you would like me to visit your blog!

And if there's some blog that you enjoy that you think would make a great stop on the tour, please forward this message. I'd appreciate that.

Best,

Eric