

*For Immediate Release*

# Ten Zen Seconds

**Instant stress reduction and a whole new outlook on life!**

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

*"An excellent starting point for anyone interested in improving his or her ability to center and to become calmer and more powerful."*

–Library Journal Review

For the millions of people who want to reduce anxiety and become more aware and alert, the Eastern practices of meditation, yoga and tai chi have become just as commonplace as the Western solutions of psychotherapy and prescription drugs. Until now, however, no one has married the best of Eastern and Western thought into a simple technique that produces breakthrough results with only a few seconds' effort.

Sourcebooks is proud to present the first book to do just that: Ten Zen Seconds by Dr.

Eric Maisel (ISBN: 1402208537; paperback; \$12.95 U.S./\$16.95 CAN; Self-Help/Inspiration).

In his new book, Dr. Maisel has created a powerful ten-second centering tool perfect for the contemporary person. A result of his work with thousands of clients in his creativity coaching practice, and field-tested worldwide, Maisel's Ten Zen Seconds technique is the answer that busy people everywhere have hoped to find.

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By combining deep breathing with carefully chosen phrases, you can learn to:

- ✦ Reduce your anxiety
- ✦ Trust your inner resources
- ✦ Feel present in the moment
- ✦ Free yourself from the past
- ✦ Take necessary action
- ✦ And much, much more

You can bring greater awareness and greater resolve to your life—all in the space of Ten Zen Seconds, available now online and in bookstores everywhere.

Ten Zen Seconds, the breakthrough next step in mindfulness practice, is available online and in bookstores everywhere.

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## **About the Author**

Dr. Eric Maisel is widely regarded as America's foremost creativity coach. He is a licensed family therapist and the author of more than thirty books, including *Fearless Creating*, *Creativity for Life*, *Sleep Thinking*, *Coaching the Artist Within* and *The Van Gogh Blues*. His books have appeared in a dozen book clubs, among them *Quality Paperback* and *One Spirit*, and he has conducted hundreds of radio, television and print interviews. He lives in San Francisco, where he maintains a creativity coaching practice.