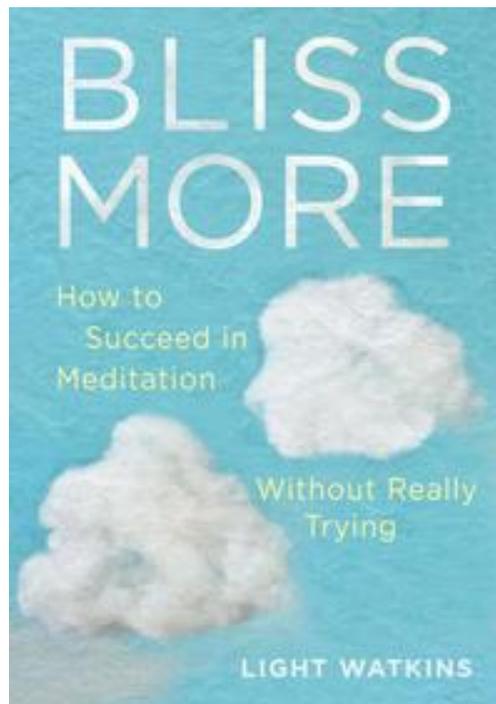


# Bliss More

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Light Watkins

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From one of America's top meditation teachers and mindfulness experts comes a revolutionarily simple approach to everyday practice-especially if you don't think you have the time or the patience.

Imagine you're sitting on a cushion with your legs crossed, ready to tap into unlimited joy. There's just one problem: You can't get comfortable (let alone still), and your head is full of way too many thoughts.

The problem is not with meditation, or you, though-the issue may be with your approach.

When properly understood and practiced, meditation should feel easy, calming, and comfortable. In *Bliss More*, maverick instructor Light Watkins provides the tools for making it E.A.S.Y. (Embrace, Accept, Surrender, Yield), dispels the biggest myths and misunderstandings, and shares real-world tips and straight talk for hacking into this ancient practice. The result: a happier and healthier you, inside and out. Watkins also shares candid testimonials from

people whose lives have been enriched through his method, and extensive resources for transforming a daily chore into an enjoyable activity. Even the biggest skeptic will look forward to sitting for meditation every day.

Whether you're a novice or experienced practitioner, Bliss More will shed light on the path to a clearer mind, better sleep, and more bliss in everyday life.

#### Praise for Bliss More

"With Light Watkins as your guide, you will unlock the secrets to establishing a regular and powerfully healthy daily practice."-Deepak Chopra, M.D.

"Bliss More is one of the best meditation books I've ever come across for getting you started. Light Watkins has the gift of being able to demystify meditation in a way that will make you want to meditate, even if you feel your mind is too busy."-Frank Lipman, M.D., author of 10 Reasons You Feel Old and Get Fat

"If you're ready to start a solid meditation practice, look no further."-Rosario Dawson, actress

"Light takes the world's most powerful practice and turns it into something you can't wait to do, something you're actually excited about."-Pam Grout, author of E-Squared and Thank & Grow Rich

"Bliss More is a treasure trove of powerful, practical, and priceless techniques to finally master your meditation practice."-Davidji, meditation teacher and author of Sacred Powers



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