New Guide Shares Meditation and Mindfulness Tips to Combat Everyday Worries

Barbara Faison reveals personal philosophies for struggling less and enjoying life more

ATLANTA (PRWEB) October 09, 2017 -- Too often, individuals are caught up in their search to find that “one thing”—a fundamental element, object or event that gives life purpose and meaning. Barbara Faison believes that this quest is a distraction from truly experiencing each and every moment. Faison reveals her reference manual for uncovering life’s true purpose in “Why Struggle? life is too short to wear tight shoes.”

“Why Struggle?” provides mindful strategies and aphorisms for living, being and thriving. Faison’s guide urges readers to stop searching and start embracing the twists, turns and unpredictable nature of life. “Why Struggle?” features practical exercises that will help individuals slow down, bask in the silence, welcome change and truly forgive themselves and others.

It also includes Faison’s MAP – Meditations, Affirmations and Practices – for navigating today's world. This inspirational work will help foster personal growth and inspire positive changes that simplify life and its meaning.

“Why Struggle? is comprised of 25 topics that include an affirmation and concrete tactic that can be immediately used and applied,” Faison said. “The focus is on personal care. That starts with the choice to step away from struggling and instead, fully embrace every moment of joy, happiness and sorrow.”

For more information, please visit www.barbarafaison.com.

“Why Struggle? Lie is Too Short to Wear Tight Shoes”
By Barbara J. Faison
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About the author
Barbara J. Faison believes we are all students and teachers in the school of life, and being open to learning, evolving and growing is a way to stop struggling. Faison educates, inspires, and enlightens with her unique perspective on being and finding purpose wherever you are. Faison is a meditation and mindfulness ambassador for over 20 years and the author of the audio program, “Be Still: Learn to Meditate in 10 Minutes a Day.”

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