

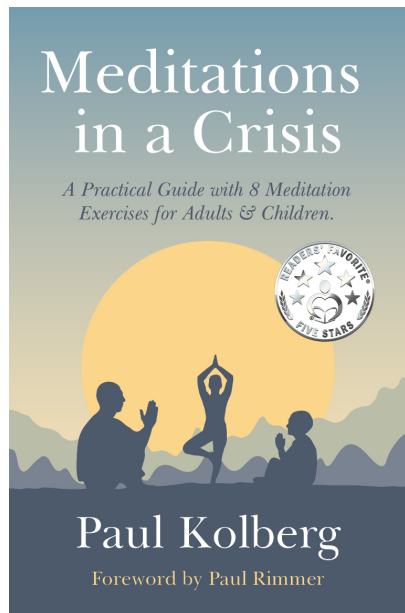
ADVANCE INFORMATION SHEET



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The Essential Details



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Foreword: Paul Rimmer

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Meditations in a Crisis

by Paul Kolberg

About the book:

The ability to stop overthinking and worrying is essential for our mental and physical health, but it takes at least some effort. Recognising the demands and pressures of life in a worldwide crisis, Paul has produced 8 different meditation exercises and guides you through them. Each exercise is flexible to the time you choose, taking as little as 6 seconds, 60 seconds, 6 minutes or longer. The exercises can be done in isolation, anytime and anywhere. Paul has also provided adaptations so that children can participate, bringing the family together in times of crisis.

About the author:

Paul Kolberg was born in England to a mother of Irish parentage and a father of Prussian ancestry. His first book Jesus and Kabbalah – The Lost Kingdom reached #1 in three categories on Amazon. Paul makes complicated topics and concepts easy to understand. In the past, Paul has regularly written articles for various magazines but in 2014, he became a professional author, playwright, and screenwriter. Paul has written one further book that is in the process of publication, as well as three plays, one of which has been recorded for radio and is in post-production.

Critics & Reviews:

(5 Stars) ***** *Reviewed by Tammy Ruggles for Readers' Favorite*

“The author breaks down the origins of meditation, explains why it's helpful, and offers meditation exercises for children as well as adults. Almost every person will experience a crisis in life, and this book can help settle the uncertainty, emotional trauma, confusion, and depression that accompany it. The author writes from an expert point of view. He clearly knows his subject, believes in it, feels an urgent need to share it with a world in crisis, and walks readers through each step of a simple but rewarding process. It prompts children and adults alike to ponder concepts like "I'm part of an un-ending universe", "I'm part of creation", "I matter", without stepping on anyone's personal beliefs...Overall, Kolberg's Meditations in a Crisis is extremely useful, and he presents the information in a way that is appealing to someone who is new to meditation, and in a way that isn't overwhelming. If you have 6 minutes to spare, you can practice meditation. The kind of meditation Kolberg teaches is far removed from the lofty goals of higher enlightenment. He's just showing people how to calm themselves through basic meditation. In today's stressed-out Coronavirus days of quarantine and social chaos, Meditation in a Crisis by Paul Kolberg is the perfect remedy that families can engage in together. This book proves that it doesn't take 300+ pages to teach someone a new skill, and the benefits of that skill.”

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