

## Inhale, exhale – be happy!



Dr. Pascal Akira Frank  
**The Small Book of  
 Meditation for All Who  
 Can't Meditate**

[Das kleine Meditationsbuch  
 für alle, die nicht meditieren  
 können]

Goldmann Taschenbuch  
 144 pages  
 70 colour illustrations  
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**Pascal Akira Frank**, born in 1981, has been studying Eastern spirituality, especially Zen Buddhism and Taoism, for many years. He was still very young when he got to know Japan, his mother's home country, where he spent part of his childhood and adolescence. He still returns to the country, where he plunges into the fascinating culture and delves into the wisdom teachings of Zen Buddhism and Daoism. For him meditation has been the best way to connect with and remain close to his inner self in the midst of hectic everyday life.

Lightning quick, super easy, success guaranteed! Here is a book for all those who previously thought meditation was difficult, took too much time, or involved physical pain. Pascal Frank, himself a self-taught pleasure meditator, has developed the ideal guide for everyone frustrated with the Lotus position. Meditation will no longer be an annoying exercise, but a path of lightness and joy.

The effective exercises and practice-tested tips offered here help overcome the most common problems, including unfocused mind wandering, fatigue, and waning motivation. What awaits us is astonishment about the supposedly small things of life, more serenity in everyday life, and inner fulfilment. For both beginners and advanced practitioners.

- Effective tips for overcoming the 10 most common difficulties in meditation
- The best solutions for meditation problems, such as mental wandering, physical discomfort, and fatigue

**Press**

"Meditation can be truly simple – free and without values, just as it is." *Yoga! Das Magazin*