



## Book Events

Join us to hear the authors share extracts and practices from their forthcoming book: **From Mindfulness to Insight** (Shambala, 2019) by Rob Nairn, Choden and Heather Regan-Addis.

There are book signing events in Scarborough and London on Friday evenings and Saturdays during the day. At each event, Rob, Choden and Heather will highlight some of the key principles and practices from their forthcoming book.

**5th July, 2019**  
Scarborough  
Londesbrough  
Lodge

18:30 – 20:30  
Evening Talk  
£25

**6th July, 2019**  
Scarborough  
Londesbrough  
Lodge

10:00 – 16:00  
Workshop  
£125 (including  
free book)

**26th July, 2019**  
London  
Samye Dzong

18:30 – 20:30  
Evening Talk  
Price: £25

**27th July, 2019**  
London  
Samye Dzong

10:00 – 16:00  
Workshop  
£125 (including  
free book)



## About the book

Building on mindfulness and self-compassion practices, this step-by-step guide to secular insight meditation shows the way to freedom from deeply rooted thought patterns.

This book shows how we can move beyond secular mindfulness and compassion techniques to the cultivation of insight - seeing into and thereby becoming free of the repetitive thinking that keeps us trapped in cycles of suffering. Most books in the secular mindfulness tradition stop with mindfulness and self-compassion but do little to uncover the root causes of our suffering. Drawing on both Buddhist analyses of mind and current findings in psychology and neuroscience, the book explains how our thinking becomes fixed and routinized through our engaging with unconscious preferences and reactions. Through the cultivation of insight, we can disentangle ourselves from these patterns, which leads to greater equanimity, freedom, and compassion.

## 2019 Conference 11th - 14th July: From Mindfulness to Insight

Join us at this year's conference at Samye Ling, Eskdalemuir where there will be another opportunity for book signing with the authors. At this event Lama Yeshe Rinpoche, Rob Nairn, Heather Regan Addis, Choden, Torey Hayden and Charlie Morley will explore how a robust approach to Insight & Wisdom can be developed that is based on emerging insights from Science and Psychology, and from the ancient practices of Mahayana Buddhism

Contact us: [info@mindfulnessassociation.net](mailto:info@mindfulnessassociation.net)

## Praise for From Mindfulness to Insight

*"With sparkling clarity, this book shows how to use the profound essence of mindfulness as a path to lasting contentment and inner peace. It integrates traditional teachings with cutting-edge neuroscience while being encouraging and full of practical suggestions. Deep, penetrating, and far-reaching, it offers remarkable insights on every page."*—Rick Hanson, PhD, author of Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness