

You Have

4

Minutes



to Change
Your Life

Simple 4-MINUTE Meditations for
INSPIRATION, TRANSFORMATION,
and TRUE BLISS

REBEKAH BORUCKI
FOUNDER OF BEXLIFE®

YOU HAVE 4 MINUTES TO CHANGE YOUR LIFE

Simple 4-Minute Meditations for Inspiration, Transformation and True Bliss

REBEKAH BORUCKI

Yoga teacher Rebekah Borucki reveals a practical and realistic way to achieve peace, connection and clarity within an uber-busy life.

DESCRIPTION

'I don't have time to meditate!', 'Isn't meditation for New Age people or Buddhists?', 'Meditation won't work on serious problems like mine.' Sound familiar? Yoga and meditation teacher **Rebekah 'Bex' Borucki** hears these worries a lot, and she's on a mission to change our relationship with meditation. Rebekah has taught meditation to hundreds of thousands of people as a profound act of self-care that can be created easily and quickly. In fact, all you really need is 4 minutes to change your life.

In this book, Bex shows readers how to create a simple, practical, no-nonsense meditation practice that can fit into even the busiest schedules. Bex also shares powerful stories of how she healed her own anxiety and depression with meditation. Readers will come away with answers to commonly asked questions ('Do my eyes have to stay closed?', 'What do I do if my body starts to hurt?'); technical information about props, postures and mantras; and tools to cope with complex issues such as grief, body acceptance and relationships.

SALES AND MARKETING

- This book offers a grounded, non-religious approach to meditation and stress-reduction techniques. Rebekah's own busy life - as a working mom of five! - is living proof that even the busiest people can find time to meditate.
- Rebekah's humour, storytelling and practical instructions will appeal to the busy, 'start-up' generation that is now discovering meditation.
- Author has a strong following of 171K on YouTube, 26K on Facebook, 17K on Instagram and 13K on email.
- Rebekah has been a guest on *The Dr. Oz Show*, and featured in *Fitness Magazine* and *Women's Health*. Bex is a spokesperson for Lady Footlocker, Nivea, Listerine, Burt's Bees, Reebok, Kohl's, and many other brands.

AUTHOR BIOG

Rebekah 'Bex' Borucki, founder of BEXLIFE® and the BLISSED IN® wellness movement, is a mother of five, TV host, meditation guide, author, speaker, birth doula, fitness and yoga instructor, and popular YouTuber. She also travels extensively, sharing her love for yoga, wellness and meditation at exclusive workshops, luxury retreats and public events. www.bexlife.com

ISBN: 978-1-78180-635-7

Pub Date: 28/02/2017

RRP: £12.99

Format: 229 x 152 TPB

BIC/Subject: Mind, Body, Spirit: Meditation & Visualisation; Self-Help & Personal Development

Extent: 1 pages

Territorial Rights: World ex IN,AU,NZ,US,CA

Author Lives: USA

HAY HOUSE UK

Tel: 0203 675 2450 Fax: 0203 675 2451
Email: info@hayhouse.co.uk



GRANTHAM BOOK SERVICES

Tel: 01476 541080 Fax: 01476 541061
Email: orders@pbs.tbs-ltd.co.uk