

# *Blinding Pain, Simple Truth*

## *Changing Your Life Through Buddhist Meditation*

by Richard S. Ellis

### **Title Details and Description**

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### **About *Blinding Pain, Simple Truth***

A self-help book for those who want to heal themselves from pain and suffering using Buddhist meditation. Winner of the Silver Medal in both the Meditation/Relaxation category of the 2012 Living Now Book Awards and in the Self-Help category of the FPA President's Book Awards.

In 2000, incapacitating headaches nearly destroyed Richard Ellis's career. He suffered from the pain and, even more, from his outrage over the pain. His experiences with all but one of the doctors he consulted were disastrous. Their only response to the pain was to prescribe pills, which changed his personality and drained all his intellectual and emotional energy. One wise doctor recommended meditation.

Buddhist teachings and daily meditation empowered Richard to heal the suffering caused by both his physical and emotional pain. The pain, once his brutal enemy, became his best teacher, inviting him to let go of the suffering and the image of himself as a victim. "As I have learned," explains Richard, "so can you also learn to reexamine your experiences with suffering and pain and eventually to embrace your life

with equanimity, gratitude and joy."

As Richard discovered, Buddhist teachings also provide a new lens for reading the Hebrew Bible, which yields fresh insights into fundamental questions of birth and death, ego and enlightenment, sickness and health — insights that speak in surprisingly relevant ways to spiritual seekers and to those who want to heal themselves.

Included in *Blinding Pain, Simple Truth*

- \* The compelling story of how Richard Ellis transformed his chronic pain and suffering into healing and peace
- \* How Buddhist meditation can help relieve suffering by allowing the body's natural healing powers to flourish
- \* New insights into the Bible that complement meditation and assist in healing

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### **What Anna Jedrzewski of *New Age Retailer* Says**

"Not just another book about alternative healing, this is also a very well-written textbook about how and why the alternative process Ellis chose actually worked. A professor of mathematics and Judaic studies, he does talk about things like conceptual lenses being a tenet of cognitive science, but always in understandable terms, with examples. He also makes it clear that the path to overcoming suffering lies in the right brain, not the left brain. The power of the book is Ellis' honesty about his struggle with the concept of turning enemies into teachers. An additional selling point is Ellis' use of Buddhist teachings to search for new insight into the Hebrew Bible. Consider displaying it with books by Thich Nhat Hanh, Jack Kornfeld, Rabbi David A. Cooper, and Pema Chödrön."

### **About the Author: Richard S. Ellis**

Richard S. Ellis is a professor of mathematics and an adjunct professor of Judaic studies at the University of Massachusetts Amherst. He has published and taught courses in mathematics, literature, and Bible studies, and has extensive experience with Buddhist meditation.

### **About Rainbow Books, Inc.**

Rainbow Books, Inc., is a 34-year-old publisher of self-help and how-to nonfiction, and mystery fiction. Rainbow's publisher is Betty Wright, and its marketing contact is Betsy Lampe.

### **Rainbow Books, Inc.**

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