

Amherst Author's Book on Meditation Wins Silver Medal in Florida Publishers Association Book Competition

LAKELAND, FLA — The Florida Publishers Association, Inc. announced that Richard S. Ellis's book, *Blinding Pain, Simple Truth: Changing Your Life Through Buddhist Meditation*, is the Silver Medal winner in the Self-Help category of the 2012 FPA President's Book Awards. Fifty-four medalists were awarded gold and silver medals in 20 categories by Master of Ceremonies and FPA President Chris Angermann at an awards banquet held the evening of September 29, 2012 at the Helmsley Sandcastle Hotel in Sarasota.

Blinding Pain, Simple Truth is a self-help book that tells the compelling story of how Ellis transformed the pain and suffering caused by chronic headaches into healing and peace using Buddhist mindfulness meditation. As recent studies have shown, meditation can help relieve suffering by allowing the body's natural healing powers to flourish. "Buddhist teachings and daily meditation empowered me to heal the suffering caused by both my physical and emotional pain," says Ellis. "The pain, once my brutal enemy, became my best teacher, inviting me to let go of the suffering and the image of myself as a victim." Ellis's work also provides new insights into the Bible that complement meditation and assist in healing.

Richard S. Ellis grew up in Boston and attended Harvard, where he majored in mathematics and German literature. He earned his Ph.D. at the Courant Institute of Mathematical Sciences at New York University. In 1975 he joined the Department of Mathematics and Statistics at the University of Massachusetts Amherst, where he is now a professor. He received an additional appointment in 1998 as an adjunct professor in the Department of Judaic and Near Eastern Studies at the University of Massachusetts Amherst.

Blinding Pain, Simple Truth is not Ellis's first book-length work. He is the author of two math books (the second with Paul Dupuis), which explore the theory of large deviations in probability theory, and he has published numerous papers in mathematics and related areas. Ellis has also published poetry and articles on the Torah, literature, art, and anti-Semitism and the Holocaust.

About *Blinding Pain, Simple Truth* Publisher Betty Wright says, "Richard Ellis has written a thoughtful, intelligent book that provides a potentially life-changing option for those who seek relief from suffering due to pain, whether physical or emotional. He lays bare his own suffering and offers solace to the reader. It's a beautifully written book." Rainbow Books, Inc. is a 34-year-old, Florida-based independent publisher of self-help/how-to and reference nonfiction, as well as murder mysteries and women's fiction. Rainbow is a founding member of FPA.

In 2005, then-President Dinah Arnette wanted to celebrate and honor the Florida Publishers Association's 25th anniversary. She chose to establish the FPA President's Book Awards competition, which recognizes books specific to Florida, as well as books of national interest, both fiction and nonfiction, in categories for adults and for children. The 2012 awards program was the final event of the annual 2012 FPA Publishing Ed-U-Conference.

Blinding Pain, Simple Truth is available in trade softcover and as both a Kindle and a Nook ebook. Retailers can order from wholesalers Ingram or Baker & Taylor, and individuals can request the book at their local bookseller or find their best online price at <http://www.AllBookStores.com> (search for the title, then choose "compare prices").

Richard S. Ellis can be reached for interviews by phone at (413) 253-2492, by email at rsellis@math.umass.edu, and through his website <http://RichardSEllis.com>.

Dr. Ellis's publicist, Betsy Lampe, can be reached for review copies at Rainbow Books, Inc. by phone at (863) 648-4420 and by email at RBIbooks@aol.com.