

# Keeping Tabs on the Arts

Wednesday, October 31, 2012

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Amherst author

The Florida Publishers Association has announced that Amherst author Richard Ellis' book, "Blinding Pain, Simple Truth: Changing Your Life Through Buddhist Meditation," has been awarded the silver medal in the self-help category of the 2012 FPA President's Books Awards.

"Blinding Pain, Simple Truth" tells the story of how Ellis transformed the pain and suffering caused by chronic headaches into healing and peace using Buddhist mindfulness meditation. The book is available in soft cover and as both a Kindle and a Nook eBook.

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The article "Keeping Tabs on the Arts," which contains these two paragraphs about my book award, was initially posted at <http://www.gazettenet.com/search/2542682-95/piano-music-concert-concerto> on November 1, 2012.