

Amherst Author's Book on Meditation Wins Silver Medal in National Competition

LAKELAND, FLA — The Jenkins Group in Traverse City, MI announced that Richard S. Ellis's book, *Blinding Pain, Simple Truth: Changing Your Life Through Buddhist Meditation*, is the Silver Medal winner in the Meditation/Relaxation category of The 2012 Living Now Book Awards. Ninety-three medalists and 4 Books of the Year were announced on August 23, 2012 in 29 lifestyle categories.

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.

The publisher of *Blinding Pain, Simple Truth*, Betty Wright of Rainbow Books, Inc., says, "This is a book that makes me think about life and fully living it. I love this book — beautifully written, thoughtfully written with something mindful to say. He tells you about his failings, his pain, all of it, and provides you with a truly healing message." 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.

"The Living Now Book Awards recognize books that help readers help themselves, to learn about enriching their lives in wholesome, Earth-friendly ways," explains Awards Director Jim Barnes. "Lifestyle publishing categories such as home, health, family and personal development are the fastest-growing segments of book publishing today, and the Living Now Book Awards help demonstrate the importance of these books to readers and their vitality in the marketplace." A complete list of the winners of The 2012 Living Now Book Awards is available online at <http://www.independentpublisher.com/article.php?page=1577>; Ellis's book is listed in category 22, Meditation/Relaxation.

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.