

MEDIA RELEASE

a year of loving kindness to myself

& OTHER ESSAYS

by **BRIGID LOWRY**

ABOUT THE BOOK

If you're struggling to maintain grace and good humour amidst daily potholes and pitfalls, Brigid Lowry may be just the warm, wise and witty companion you need. Informed by contemporary psychology and Zen Buddhism, Brigid's essays offer reflections on everything from friendship to grief, and from gratitude to self-care. Give this book to a friend or gift it to yourself, *A Year of Loving Kindness to Myself* is all the encouragement you'll need to nurture you and those around you.

ABOUT THE AUTHOR

Brigid Lowry began her writing career by self-publishing two dreadful poems when she was eight. She spent her twenties living in a Buddhist community, veered into performance poetry in her thirties, subsequently gained a masters degree in creative writing and wrote eight award-winning young adult books. She is a Zen student, a socialist, and a creative writing teacher.



KEY POINTS

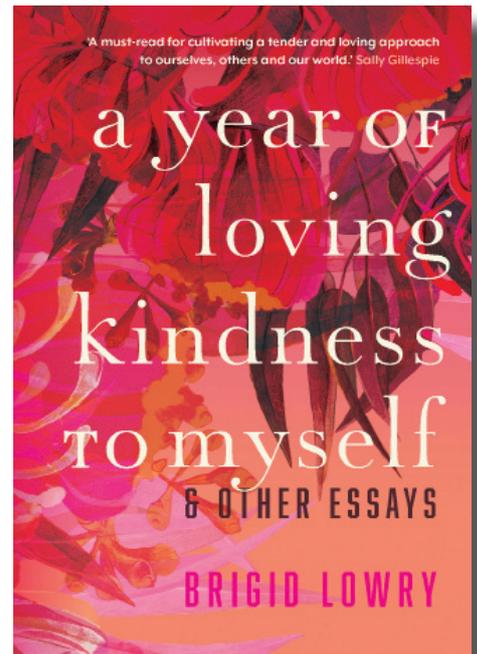
- At a time when mental health is more important than ever, Lowry offers essays on living simply, practising acceptance, and learning new ways of enjoying creativity and contentment in all kinds of emotional and political weather.
- The author says by sharing her own struggles and insights in her book she hopes to offer the reader strategies and wisdom for finding ease and grace.

PRAISE FOR THE BOOK

'This artfully threaded string of honest, tender worry-beads — in the form of small unvarnished gems of hard-won self-acceptance — comes with far too much edgy candour ever to be mistaken for sticky "self-help". A tonic for the spirit. Recommended dosage: once daily, before sleep.' Susan Murphy, author of *Red Thread Zen*

'Infused with honesty and insight and brimming with compassion, this wise book is a nourishing companion for troubled times. A must-read for cultivating a tender and loving approach to ourselves, others and our world'. Sally Gillespie, author of *Climate Crisis and Consciousness*

'A masterly portrayal of the miraculously ordinary extraordinariness of this very moment.' Perle Besserman, co-author of *Grassroots Zen*



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