

THE mindFulnessmovie

MEDIA ADVISORY

For Immediate Release:

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INTERNATIONALLY ACCLAIMED DOCUMENTARY
"THE MINDFULNESS MOVIE"
RELEASED THROUGH DVD IN 15 COUNTRIES.
NOW SCHEDULED FOR INTERNATIONAL DIGITAL RELEASE.

The Mindfulness Movie is a POWERFUL and EDUCATIONAL journey showcasing the worldwide brain research proving the benefits of mindfulness and the public's increasing awareness and acceptance of the practice. Dramatic stories shed light on the military's use of mindfulness, as well as how a group of special teens have benefitted.

WHAT: Release of *The Mindfulness Movie*.
WHERE: International
WHEN: Now
DETAILS: Available on DVD through Amazon or <http://www.themindfulnessmovie.com/>
June 2014: available through international digital release.

- **Praised by military personnel as** "A coherent and comprehensible approach to illustrate the concept of mindfulness," by Jana Ballou, Clinical Health Psychology, Brooke Army Medical Center.
- **Praised by best selling authors as** "A film that has a beautiful blend of 'talking heads' and other visuals," by Dan Millman, Author of *Way of the Peaceful Warrior* adapted to the film *Peaceful Warrior*.
- **Praised by university faculty as** "Fun and important ... especially for college aged adults," by Dr. Ellen Langer, Ph.D., Psychology Department at Harvard University.
- **Praised by world renowned sport psychologists as** "*The Mindfulness Movie* is chock full of pithy and powerful messages. It will help people in all walks of life," by Dr. Joe Parent, author of *ZEN GOLF*.

Paul Harrison's forward thinking documentary follows the remarkable story of the secular role of mindfulness in our society and how the world leading experts—from amazingly diverse fields—understand the practice. *The Mindfulness Movie* tells the heartfelt stories of military personnel and teenagers using mindfulness to overcome stress, anxiety, depression, and PTSD. These real life examples of personal initiative and success truly inspire the viewer to engage the world in a new way. Today, it has been screened in 15 countries, sparking dialogue around the practice of mindfulness, neuroscience, digital detox, and mindless behavior that is not only changing us, but changing our world.

The Mindfulness Movie (2014, 69 mins) is produced and directed by Paul Harrison AIA. Executive Producer: Lori Lynn Schmidt. Editor: Ken Duke. Cinematography: Steve Scarantino. U.S. English. A Paul Harrison AIA film. A Where's My Mind? Media release.

For more information about *The Mindfulness Movie*:
to view the trailer, visit: <http://www.themindfulnessmovie.com/>
to view a low resolution screener: <http://www.imdb.com/video/wab/vi1149545241/>
for additional reviews, visit: <http://www.themindfulnessmovie.com/reviews/>