

Meditation in a New York Minute Reviews



Corporate Meditation

HIGHLIGHTS

Meditation in a New York Minute was released after Christmas in December 2005. The book

- sold out in the first two days
- was in its 2nd reprint by the end of the first week
- has been distributed to 200 staff as a gift by McKinsey & Co
- “Audio Pick of the Month,” by the national Audio Book News Service, April 2006
- reviewed by Publishers Weekly, the bible of the publishing industry, which is rare for a 1st time author

REVIEWS

Reviews have appeared in the following publications:

- *Publishers weekly*
- *Amazon.com*
- *Diet & Nutrition Magazine*
- *Body & Soul Magazine*
- *American Fitness*

“You will be calmer and more deeply connected to life, if you buy this book. It’s an invaluable gift for your soul.”

JACK CANFIELD, CO-CREATOR, #1 NEW YORK TIMES BEST SELLING CHICKEN SOUP FOR THE SOUL ® SERIES

“At last! Here’s a book that deals with an endemic problem in American life: too much stress. This book makes mediation easy, simple, enjoyable and effective.”

ERIN BROCKOVICH

“He promises that this regimen will relieve stress, boost productivity, reduce illness and build a foundation of calm and strength. Thornton’s experience and skill as a corporate meditation instructor comes through here;shows readers how mindfulness and meditation can be part of even the busiest schedule.”

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“So you think meditation is just for mystics and your hippie aunt in San Francisco? Thornton takes a realistic approach to managing stress, especially for those ambitious people who thrive on adrenaline....”

MAKIKO KITAMURA, CHICAGO DAILY HERALD

“Its Like Deepak Chopra meets the Soprano’s...”

JOEY REYNOLDS, WOR 710 AM NEW YORK, TOP RATED NATIONAL RADIO SHOW.

“An easy to digest guide to meditative practices for calming the mind, nurturing creativity, rejuvenating the spirit, and nourishing the soul. I highly recommend it!

NICKOLAI K. PARKER, UNITED NATIONS PRAYER FOR PEACE FOUNDATION

Meditation in a New York Minute Reviews (cont...)



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“No matter where on earth or who you are, or what you do: grab a copy of Meditation in a New York Minute & pretty soon you’ll be transforming the quality of the rest of your life.”

AMAZON.COM, OFFICIAL REVIEWER - REBECCA BROWN

“You’re a corporation, you’re flustered, you need peace, he’s your man.”

WWW.RALPHMAG.ORG

“I’ve taken on three of his exercises which I use to release tension and help stay grounded. His book shows you how to fit in meditation when you’ve no time to meditate.”

MICHAEL BUNGAY STANIER, RHODES SCHOLAR, 2006 CANADIAN COACH OF THE YEAR

“Inspired and life changing - thank you.”

ERICA FOX, FOUNDER, HARVARD NEGOTIATION INSIGHT INITIATIVE, PROGRAM ON NEGOTIATION, HARVARD LAW SCHOOL

“...will help you cope more effectively with stress and improve your health and well being.”

TODAY’S DIET & NUTRITION MAGAZINE

“Thornton supplies the essential guidebook for your journey into the Super Calm.”

SPIRIT OF CHANGE MAGAZINE

“So this guide is very introductory and intensely practical. The meditation audio book is a good deal more helpful than the many “relaxation tapes” and CDs of new age music that are supposedly meant to help you relax, but which are more often than not just annoying.”

CHRISTIAN PERRING, PH.D., CHAIR OF THE PHILOSOPHY DEPARTMENT, DOWLING COLLEGE, LONG ISLAND

“This is an excellent book for quickly learning how to meditate”

NEW LIVING MAGAZINE

“I am *so* impressed. This morning’s drive to take my older daughter to school became one of the most spectacular experiences of my life, as a result of your techniques.....deserves to be carried in your bag....until the cover falls off, because it is a compact collection of meditation diamonds in the rough.”

AMAZON.COM, LINDA VINING

“I wish I had known about your techniques 10 years ago. Thanks for writing that book. ”

STEVE STEINBERG, UCLA, PIERCE COLLEGE, EDUCATION DEPARTMENT

“Love the techniques, the quotes - makes mediation what it should be - easy and full of delight!”

PATRICIO INGOUVILE, PARTICIPANT, HARVARD NEGOTIATION INSIGHT INITIATIVE

“At last....someone who combines work and spirituality”

C.D., NETHERLANDS

Meditation in a New York Minute Reviews (cont...)



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“What an outstanding book, I feel honored to have been selected to read/review it. Thornton’s hypnotic words provide an oasis of calmness that will set your spirit free. Each word takes you to a new world of self discovery. His proven methods you will be rewarded with a rich gift -the knowledge of how to live your life stress-free.”

SUZIE HOUSLEY, REVIEWER, MYSHELF.COM

“Your excuses have been removed – now just do it! Filled with easy ways to cut stress, bust frustration and beat the clock – you can find tranquility...quickly and easily!”

DREAM WEAVER MAGAZINE

“Mark Thornton guides us to the ocean of calm within. It is possible to maintain a busy schedule and still find time to meditate, refocus our attention and revitalize our spirits.”

FREDERIC AND MARY ANN BRUSSAT, SPIRITUALITY & PRACTICE.COM

“A remarkable guide to meditation, successful thinking and responsible actions. I find listening to the CD life enhancing. I highly recommend this book to anyone who desires calm, peace, harmony and contentment throughout their day...”

VIVIA KAY, SENIOR MEDIATOR, SALT LAKE CITY

“Executive meditation coach Mark Thornton writes about a revolution—finding your deepest heart in everyday moments.”

WWW.OFSPIRIT.COM

“I have been meditating for 30 years and I thought there was little more I would want to know about the mechanics of meditation--content with what I already know--the book may look like it was intended for the beginner, but one is not to be fooled by its simplicity. I have learned several new tricks which I have already incorporated into my routine. Definitely a good read for all meditators.”

ROY E. KLIENWACHTER, FOUNDER, WWW.KLEINWATCHER.COM

“Mark, you are a walking miracle of light. Your CD Meditation in a new York minute is by far the best I have heard on mediation, getting and keeping in the zone of enlightenment, and how to stay at our core/essence/heart. I have at least 20 guided mediations CDs here at home and yours is by far supreme to anything I have ever listened too. I listen to it over and over again and every night before I go to bed and, honestly, I wake up feeling great. It stays with me throughout the day. You are the best and as I listen to you and hear your intentions - so calming and your sense of humor comes through so pure and clear. I feel your honest intentions and its a wonderful to sense and let into my soul as I hear you share your wisdom from the depth of your soul. So very inspiring and life changing.”

CARRIE LYNN NELSON, MA

“His goals are realistic, his methods simple and his directions easily understood.”

FOREWORD MAGAZINE

“Demystifies meditation and makes it accessible to all...”

EARTH STAR MAGAZINE