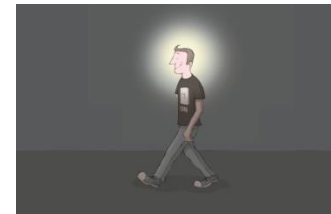
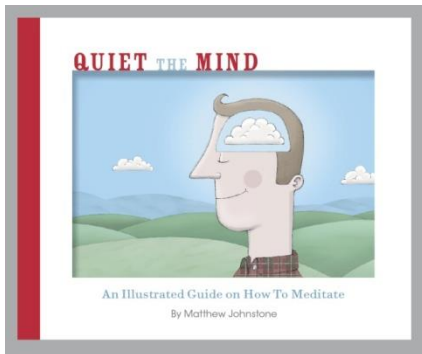


BOOK REVIEW

Quiet the Mind An Illustrated Guide on How to Meditate by Matthew Johnstone



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This beautifully illustrated guide is now in its 4th reprint and is a very useful resource for both patients and treating professionals. It reinforces the practical value that meditation can bring to settle distressed and over active minds. Matthew clearly shows in his writings and drawings how one goes about quietening the mind through mediation. He explains the steps, possible set-backs and how to achieve through “your nose and breath that flows in and out how much life is much better” when you meditate. Quite often we work with patients who want a “quick fix” to their problems. They have reservations about mediation and they don’t want to read lengthy books and articles on the topic.

Matthew spent a large part of his 20’s and 30’s with depression and as a result he is able to write with empathy and clarity. You and your patients can read, learn and smile through his book in around 20 minutes. Matthew has written a number of other books (for the Black Dog Institute) including “I Had a Black Dog”, “Journeys with the Black Dog”, “Living with the Black Dog” and recently “The Big Little book of Resilience”. His publications from my experience and the feedback from patients come highly recommended.

Learn more about Matthew Johnstone and his books at www.matthewjohnstone.com.au.

Campbell Sinclair (June 2015)
APS Buddhism and Psychology Interest Group