

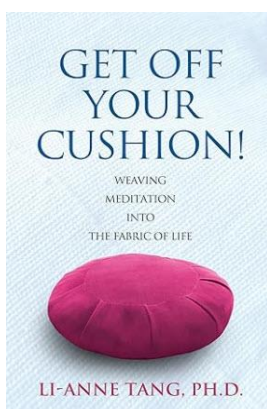
# Li-Anne Tang, Ph.D.

FOR IMMEDIATE RELEASE

## Li-Anne Tang, Ph.D. Globally Noted Spiritual Life Coach & Meditation Teacher Announces Release of Her New Book – “Get Off Your Cushion: Weaving Meditation into the Fabric of Life”

**“A practical and profound book on meditation and mindfulness that shows readers how to live and act more mindfully, without meditating on a cushion for hours each day.”**

Fremantle, Australia, December 7, 2023, Each year there are thousands of books published. Only a select few have the ability to impact reader’s lives, to show them how to enjoy their life and health to the fullest. The new book by the renown Li-Anne Tang, Ph.D., a globally esteemed Spiritual Life Coach & Meditation Teacher, “[Get Off Your Cushion: Weaving Meditation into the Fabric of Life](#)” is just such a book.



It has already garnered rave reviews after only being published recently, which is a testament to the book’s content. The book will enable readers to drop the old habit of meditating only on a cushion. They can use this book as a blueprint to bring meditation to every experience of their life, to pave their path to [spiritual awakening](#).

The first half of *Get Off Your Cushion* teaches readers how to reduce stress and anxiety at will, the second half discusses more advanced techniques. The book is for beginners as well as very experienced meditators. Many Buddhist meditation teachers across the world are now introducing the practical and effective [mindfulness techniques](#) described in this book to their students.

Whether looking for the best meditation book for anxiety or on the path towards [spiritual enlightenment](#), this step-by-step guide will teach how to:

- Move from stress to serenity at will in 3 simple steps.
- Cultivate continuous mindfulness off the cushion.
- Hack into the most effective way to train one’s mind: through enjoyment.
- Apply Buddhist teachings to all aspects of life.
- Free oneself entirely from suffering.

Readers will want to re-read *Get Off Your Cushion* over and over again, and allow the gems of wisdom to infuse into every aspect of their life.

Reader Testimonials are very revealing. Ma Thet Ghosh, Interpreter for Sayadaw U Tejaniya for 25+ years, had this to say, “This is the Dhamma book that I have been waiting for, a book that tells you how to apply meditation in everyday life without getting out of touch with life. Li-Anne showed me something essential which I didn’t know could be taught and learned: We can cultivate and develop the right attitude as a mindfulness practice.”

Andrew Sherbrooke, 'The Mind Illuminated' Dharma Teacher, commented, "A deeply supportive book. Li-Anne's candor about her personal journey was inspiring and engaging, placing the path of practice into a practical context."

*About The Author:*

Li-Anne Tang is a Buddhist meditation teacher who is committed to helping people free themselves from stress and suffering.

She is married and has two adult children. Her academic background includes a Bachelor of Psychology, a Master of Cognitive Science, a Ph.D. in neuropsychiatry and postgraduate training in psychoanalytic psychotherapy.

Since 2008 she has closely mentored her students in the styles of Sayadaw U Tejaniya, Culadasa's The Mind Illuminated and in the Mahasi tradition. She emphasizes joy as an integral part of this path to liberation.

Li-Anne invites anyone interested in freedom from suffering to explore these powerful teachings through her book, courses and mentoring.

For complete information, visit: <https://www.freeingourmind.com/book>

Media Contact:

Li-Anne Tang  
Attn: Media Relations  
Fremantle, Australia  
Li-Anne.Tang@freeingourmind.com