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A Restful Mind: Learning How To Stay Positive In The Face Of Chronic Pain And Mental Illness

Little Canada, MN - There's no big secret to staying positive: all we have to do is look for the positive side in any situation. In *A Restful Mind — Daily Meditations for Enhancing Mental Health* (Hazelden) and *Living With Chronic Pain One Day at a Time* (Freedom Enterprises), Mark Zabawa helps us achieve a better outlook, even when life is difficult.

There are about 40 million or more people with a mental illness diagnosis or a problem with chemical dependency. About 118 million people have been diagnosed with chronic pain, says author Mark Zabawa. "I wanted to let people with mental illnesses and chronic pain know there is help available," he explains. "They can live with their illnesses and be successful and follow their dreams and goals. If my books or public speaking helps prevent just one person from committing suicide, it's all worth the effort."

Zabawa is involved with a number of charitable organizations, including NAMI (the National Alliance on Mental Illness), S.A.V.E. Suicide Awareness and the Minnesota Association of Community Mental Health Programs.

"Recovery from mental illness is a process," he continues. "It means taking care of ourselves each and every day — spiritually, emotionally, and physically. It means actively working towards change. *A Restful Mind* is a testament to experience, strength, and hope." Its daily meditations speak to all of us, regardless of our diagnosis.

Zabawa has found that the same is true for *Living With Chronic Pain*. "In my workshops I share my experiences of coping with a mental illness for the past 22 years and chronic pain for the past 31 years. My talks empower, inform, inspire, and make a positive difference to anyone who is affected directly or indirectly by mental illness and chronic pain."

Mark Zabawa has a degree in Chemical Dependency Counseling and Human Services (A.A.S.) and he has worked at Abbott Northwestern Hospital Chronic Pain Program as a patient monitor and counselor for 10 years. He has had appearances on Knowledge for Wellness, Channel 6, and he's been a Guest Speaker on C.H.U.M. Live Radio Show in Canada.

For more information, visit: <http://www.markzabawaauthorspeaker.com>.

A Restful Mind – Daily Meditations for Enhancing Mental Health

Hazelden

Living With Chronic Pain One Day at Time

Freedom Enterprises

Available from the author's website: markzabawaauthorspeaker.com