



Zefyr Life Welcomes Its First Guest on ‘Whole Life’: Best-Selling Author on Mindfulness Dr. Danny Penman.

LONDON, UK, October 20, 2016 /EINPresswire.com/ -- Best-selling Author and Award-Winning journalist Dr. Danny Penman has granted [Zefyr Life](#) a two-hour conversation on mindfulness that has been edited into a 15 minute episode accessible to viewers on Zefyr Life. A conversation in which Dr. Penman discusses his life-changing accident and the multiple benefits behind mindfulness and meditation.

‘Danny Penman is not some sort of Guru preaching mindfulness and trying to rally huge crowds into a movement. His writings come from a generous place: speaking from personal experience having survived a dramatic life-changing accident and trying to help others who may find in mindfulness a truly healing discipline and a life-enhancing companion’ said Florian David, Editor- In-Chief and Co-Founder of Zefyr Life.

Lina Daugirdaite, Co-Founder of Zefyr Life and Creative Director, added: We are absolutely thrilled and grateful to have Dr. Penman on the Premiere of our new show. It is called ‘Whole Life’ because a successful life can not be posed in mere careeristic terms: we would like to help ourselves and our viewers understand what makes a happy, fulfilling, meaningful life. This seems to require taking care both of our minds and our bodies and that’s what this series will explore. The opening to our show features actual NASA footage from the Cassini and Voyager missions, and music courtesy of the beautiful Moby whom we’d like to thank here.

Zefyr Life online: <http://www.zefyrlife.com>.

About Dr. Danny Penman: Dr Danny Penman is a qualified meditation teacher and award-winning writer and journalist. He currently writes features for the UK Daily Mail, having previously worked for the BBC, New Scientist and the Independent newspaper. He is co-author with Dr, Mark Williams of the international bestseller *Mindfulness: A Practical Guide to Finding Peace in a Frantic World*, prefaced by leading mindfulness expert Dr. Jon Kabat-Zinn. He has received journalism awards from the RSPCA and the Humane Society of the United States. In 2014, he won the British Medical Association’s Best Book (Popular Medicine) Award for *Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing* (co- written with Vidyamala Burch). His books have been translated into more than 25 languages.

About Dr. Mark Williams: Professor Mark Williams is Professor of Clinical Psychology and Wellcome Trust Principal Research Fellow at the University of Oxford. He co-developed MBCT, is Director of the Oxford Mindfulness Centre, and is co-author of the international best-seller *The Mindful Way Through Depression*. He is one of the premier researchers in the field of mindfulness worldwide, and has been a pioneer in its development and dissemination.

About Zefyr Life: Zefyr Life features intimate conversations with talented personalities whose lives are defined by uncompromising freedom, pioneering creativity and willpower. Personalities who believe that our lives can be designed and that the world can be changed if we first change ourselves. In

today's interconnected world, change can happen faster than ever. Zefyr Life wants to encourage people to 'Think big, because the world is small'.

You may follow us on Instagram: [@ZefyrWorldwide](#)

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