

WHAT CAN *THIS* CAT TEACH YOU ABOUT LIFE, LOVE

AND THE PURSUIT OF HAPPINESS?



Meet Poohbear Decagoonacoona, the star and oracle at the center of Kat Tansey's touching new book 'Choosing to Be: Lessons in Life from a Feline Zen Master' (Findhorn Press, September 2010).

The book opens with the author contemplating suicide – a result of debilitating depression:

"Before you make a choice you cannot undo," says Poohbear Decagoonacoona, "you need to understand the nature of your own mind. Whether you are a human or a cat, the same technique applies. You must learn to sit and meditate. And I happen to know more than a little bit about this," he observed, making a point of sitting down and tucking both paws under his chest in his

best Buddha pose.

And so this magical little book unfolds to reveal Tansey's moving journey from the depths of despair and depression to a new state of inner peace and calm – all the while accompanied by her inscrutably wise and compassionate Zen master – a Maine Coon cat.

Funny, compassionate and perceptive, Tansey's 'Choosing to Be' goes beyond the mystique of Buddhist meditation and unlocks some of its secrets. Much humor comes from her struggles with the inherent difficulties of quieting the mind (like falling asleep while meditating) which are no doubt shared by millions of practitioners the world over.

'Choosing to Be' is a quick and simple read offering a lifetime of insight for those of us searching for a way to enjoy life just as it is. Poohbear Decagoon's wisdom stays with you long after you have turned the final page.

"I have lived with several Zen Masters – all of them cats." Eckhart Tolle, The Power of Now.

Early Reviews of Choosing To Be:

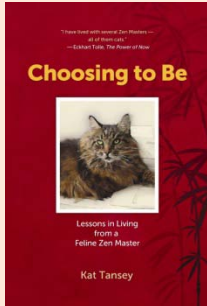
"I expected the book to be just a pastiche or funny, but I actually found it to be one of the better books on Zen or sitting practice. It's great -- a wonderful book on meditation practice and our relationship with cats." ~Thom Hartmann, radio show host and bestselling author of 21 books in print

"I just finished reading 'Choosing To Be' and I am totally delighted by it! I gather I'm not alone, either, but no doubt you already know this from other fans. I am so delighted to read a book that has poise, humor, delicious visuals, and that deals directly with important matters. There are plenty of books on meditation out there, but none are as humane and precise as yours." ~ Dr. Allan Hunter, author of Six Archetypes of Love, Stories We Need to Know

"Cats, meditation, and the quest for inner peace – what could be better! Choosing to Be is an intriguing guide to Buddhist meditation and philosophy, with a special twist. Read it and be inspired. ~ Carol Kline, co-author, Chicken Soup for the Cat Lover's Soul.

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"Kat discovers and uses Buddhist meditation to free herself from the bonds of depression. Along the way, she gains the incomparable experience of no thought and resumes her life's journey. Choosing to Be is a smart, well-written story of finding the key. You'll want to keep it on our book shelf so you can read it again and again." ~ Howard Eaton, The Mystic.



About the author: Kat Tansey is a magical storyteller who shares her soul to expand our minds and reveal to us our inner wisdom. An innovative educator and award-winning author, she is passionate about promoting the Empowering Arts of Change, Meditation and Sleep. Kat lives in Ojai, California.

Choosing to Be: Lessons in Living from a Feline Zen Master by Kat Tansey is published by Findhorn Press (September 2010,\$12.95) ISBN 978-1-84409-501-8. Findhorn Press is distributed by IPG.