



CONTACT: Michela Mangiaracina
928.204.1106 ext. 209
michela@bestlifemedia.com

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**Books Touting Brain Wave Vibration Mind-Body Method
Win Gold Medals in the Living Now Books Awards**

SEDONA, Ariz., April 23, 2008— *Brain Wave Vibration: Getting Back into the Rhythm of a Happy, Healthy Life* [BEST Life Media, June 2008] by Ilchi Lee won first place in the Meditation and Relaxation Category of the **Living Now Book Awards**, which recognize books that help readers help themselves, and learn about enriching their lives in wholesome, Earth-friendly ways. A second book by Ilchi Lee, *In Full Bloom: A Brain Education Guide for Successful Aging*, co-authored with Jessie Jones, PhD, won second place in the Mature Living and Anti-Aging Category.

These two titles that describe Ilchi Lee’s brain and earth-centered philosophy for personal and global development fit perfectly into the Living Now Book Awards’ recognition that society is “realizing the need to slow down, see and feel the natural world around them, and to find balance in their lives. [...] We need to keep ourselves healthy, and need to keep the Earth healthy – today, and for future generations.”

Brain Wave Vibration: Getting Back into the Rhythm of a Happy, Healthy Life describes the simplest and most powerful of Ilchi Lee’s Brain Education techniques. An easy-to-follow brain fitness and holistic healing method, Brain Wave Vibration helps people bring their bodies and minds back into balance for total health, happiness, and peace. The simplest form of practice merely requires moving your body to your own internal, natural healing rhythms in order to slow down and integrate your brain waves. Brain Wave Vibration is more than just a physical training technique, however. Through it you can come back to who you really are and create miracles in your life.

In Full Bloom: A Brain Education Guide for Successful Aging takes readers through the five steps of Ilchi Lee’s Brain Education System Training, and shows them how they can use the brain’s natural abilities to keep body and mind in top condition, and live healthy, creative, and productive lives at every age. Co-authored with Jessie Jones, PhD, it celebrates the older brain and its unique capabilities, while offering practical advice to maintain and accentuate its

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BEST Life Media LLC.

Tel. 928-204-1106

Fax. 928-282-8467

www.bestlifemedia.com

6560 Highway 179 Suite 114

Sedona, AZ 86351



attributes. In addition to examining the important interconnection between body and brain, *In Full Bloom* provides a fully-illustrated series of body and brain exercises, including Brain Wave Vibration and Jangsaeng (Longevity/Vitality) Walking.

Both books are available from www.amazon.com and through the publisher's website, www.bestlifemedia.com. For more information about the book and its author, visit www.brainwavevibration.com.

About Ilchi Lee

For the past 30 years, Ilchi Lee has dedicated his life to finding ways to develop the potential of the human brain. Brain Education System Training (BEST), a collection of mind-body training programs that helps to unlock the brain's true potential, is the primary fruit of his search. The ultimate purpose of brain development, according to Lee, is lasting world peace.

Currently, Lee serves as the president of the University of Brain Education. He is also president of the Korea Institute of Brain Science and the International Brain Education Association. Lee is the author of over 30 books, and his work as a peacemaker and educator has been widely recognized, both in his native South Korea and in the international community. For more information, visit www.ilchi.com.

About BEST Life Media

BEST Life Media seeks to produce publications that are both educational and life enhancing. To that end, the company provides resources through which individuals can create healthy, happy and peaceful lives for themselves. For more information, visit www.bestlifemedia.com.

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