



Lisa Esile

Author & Founder of the Do
Nothing Meditation School

Lisa has inspired thousands to find genuine self-acceptance and a desire to pursue what truly inspires them by showing the true nature of their mind in a hilarious, easy-to-follow way.

Lisa has proven that life becomes more manageable when you have downtime to tap into your inner wisdom and dreams.

SIGNATURE TOPICS

- ✓ Managing Stress & Anxiety
- ✓ Self Acceptance
- ✓ Do Nothing Meditation
- ✓ Inner Wisdom in Practice
- ✓ Creativity
- ✓ Productivity
- ✓ Navigating Change

 **1YEAR**
in Silent meditation

 **12K+**
Downloads of Free
Ebook

 **4K**
email subscribers

DO NOTHING MEDITATION

MEDITATION IS A GREAT STRESS-
REDUCTION TOOL, BUT MANY
STRUGGLE TO DO IT.

ENTER DO NOTHING MEDITATION ...

Do Nothing Meditation (DNM) turns down the volume on anxious thoughts. It helps you feel connected and grounded to what you already have. It's easier to tap into life-changing insights and develop creative solutions. It enables you to focus and get more done. DNM heals.

With DNM you don't have to control your thoughts or be mindful of them. And you don't need to sit rigidly.



Please feel free to reach
out for any questions.

CLIENT FEEDBACK

Your work had a huge impact in my life. The doing nothing meditation program has been the best thing I have decided to do this summer. With DNM I feel more grounded, calm and energized than ever before. I can do more and stay focused at the same time! I can be more present and loving to the people that matter to me and myself. —Katerina

I'm able to arrive at a kind of clarity about what to do next without having to try and do it in an intellectual way. [Then] the attention I pay to it is richer and more productive. ...it's changing my life completely. —Laura Lloyd

Get in Touch!

✉ lisa@lisaesile.com

🌐 www.lisaesile.com

☎ 310 383 2921

STRESS TODAY

- More than a quarter (27%) of Americans say that they are so stressed they can't function most days. Nearly half (46%) of those under 35.
- Nearly two in five adults (37%) say that when stressed, they can't bring themselves to do anything.
- Around three-quarters of adults (76%) said they experienced health impacts due to stress in the prior month, including headache (38%), fatigue (35%), feeling nervous or anxious (34%), and/or feeling depressed or sad (33%).

Source: Stress in America 2022, American Psychological Assn

- Almost one in three adolescents (32%) suffer from an anxiety disorder. Source: NIMH
- Most teens (61%) feel a lot of pressure to get good grades. 29% say they feel a lot of pressure to look good and to fit in socially (28%). Source: Pew Research 2019

"I felt the same kind of peace that you feel with normal meditation. But it was easier to get there." —Steve

MEDITATION IN THE WORKPLACE

- Calmer, Happier Workforce
- Innovative Solutions
- Greater Productivity
- Avoid Burnout

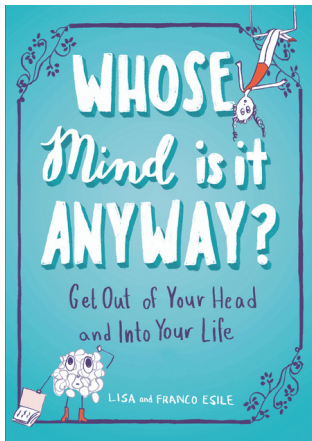


Books

WHOSE MIND IS IT ANYWAY? GET OUT OF YOUR HEAD AND INTO YOUR LIFE

Lisa and Franco Esile

Penguin Random House, 2016



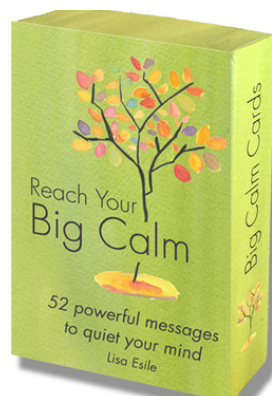
In a colorful, funny, and nonthreatening way, this book is the friendly voice in your head to counter your negative thoughts, teaching you how to be at peace with all you are.

REACH YOUR BIG CALM: 52 MESSAGES TO QUIET YOUR MIND

Lisa Esile

Joyland Media, 2015

Simple, powerful insights to give you a new way of looking at your life.



REVIEWS

"Lisa and Franco manage to share age-old truths about human life in an unbelievably creative, hilarious, and smart way. The truths they write about are deep and profound, and yet this book is fun, light, and entertaining.

—Dr. Amy Johnson, Psychologist and Author of *The Little Book of Big Change*

"... a fun, charming and delightful book that carries a deep healing message for anyone wanting keys to life with ease and inner happiness. It is easy to read and will warm your heart. I will be recommending it to youngsters and adults alike.

—Dr. Ken Manning, Psychologist

"These cards will save your ass when you're having a bad day - snap you out of your drama and pull you back into reality."

—Jen Sincero, Best-selling author of *"You Are a Badass."*

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Suggested Questions

DO NOTHING MEDITATION (DNM)

- What exactly is Do Nothing Meditation?
- How is DNM different from other forms of meditation?
- I'm not good at meditation; is this technique any different?
- Did you really do it for a year? Why? What happened? Was it boring?
- Can you show us how to do it now?
- Why do you think people need to learn this technique?
- How often should people do DNM?

WHOSE MIND IS IT ANYWAY?

- In the book, you start by saying that our mind isn't wise; what do you mean?
- What is the number one takeaway from this book?
- The book is half drawings; is it a kid's book or an adult book?

THE WEIRD STORY OF MY YEAR OF SILENCE



2008 I spent the best part of a year practicing do-nothing meditation. I hadn't been able to meditate for years, but this technique was different. I tried it for a day, which turned into three days, and then a year. It changed my life.

[READ MORE](#)

LISA ESILE

✉ lisa@lisaesile.com

🌐 www.lisaesile.com

📞 310 383 2921

"My therapist suggested your book 6 or 7 years ago. I loved it, and I have re-read it over the years whenever I start to feel overwhelmed and like I can't get out of my head." —Pam

About



After graduating from college with a Master's Degree in Human Nutrition, Lisa spent years in bed with Chronic Fatigue Syndrome.

Eventually, Lisa came across the power of Do Nothing Meditation and spent the best part of a year in silence in an isolated village in New Zealand. She learned to balance her mind with her inner wisdom to feel calmer, more grounded, and focused on what she really wanted to do—which wasn't science!

When dealing with matters of the mind and what it is to be human, it is easy to over-intellectualize and miss the point. Lisa's teachings are simple, accessible for any age, with far-reaching benefits.



"For the last 3 years, I have had [your book] on my nightstand, and when the anxiety comes crashing in, I pick it up. No matter how many times I have read it, I still smile at the brilliance of the message!" — Laurie, IN

LISA ESILE is the founder of the Do Nothing Meditation School and co-author/illustrator of *Whose Mind Is It Anyway?* She has a master's degree in science and guest blogs on Tinybuddha.com. Lisa grew up in New Zealand and lives in the U.S. with her husband and daughter.