

# PRESS RELEASE

## FOR IMMEDIATE RELEASE

### **Jakub Tencel Announces The Release Of Autobiography 'The Mystery Of Life'**

*Clinical therapist gives inspirational insight into his spiritual life journey*

London, UK, Wednesday 17<sup>th</sup> June 2015 – Renowned clinical therapist and healer, Jakub Tencel, is pleased to announce the release of his new autobiography, *The Mystery of Life*. This revealing self-account of Jakub's life and experiences hopes to inspire others to discover their spiritual path and find their own path in life.

*The Mystery of Life* is a compelling and inspirational read. Jakub's journey started at the age of 6 years when he had an extraordinary personal experience that later led to the discovery of his natural abilities. His life stories and photos provide the reader with a revealing insight into his journey of self-discovery and spiritual enlightenment. Inspired by everything around him, Jakub describes how his life has been enriched through meditation and self-acceptance.

Jakub commented "This is an autobiography dedicated to those who are searching the light in life. It tells the story of my life; what led me to my current state and shows that I chose a spiritual path"

Through his life experiences and extensive travels, Jakub expresses his fascinating opinions and inner views of the world to the reader. These views are further enhanced by motivational pre-forewords written by international teachers in Buddhism and Yoga.

A music CD, released by Jakub Tencel and also entitled *The Mystery of Life*, provides an ideal accompaniment to the book and expresses what is not possible to say in words. Both the book and the previously published CD together provide the whole picture.

Jakub continued "The *Mystery of Life* is a picture of everything that happened in my life to help me find this method of self-acceptance"

Jakub Tencel is already an established author having published 'The Power of Lovefullness', an insightful book detailing the technique of Lovefullness, a method of self acceptance founded by Jakub. The technique of self-acceptance is taught by Jakub at international events and at his practices in London and Brighton.

US Editor Courtney Dobrzykowski commented "Everyone experiences spirituality in a different way, and this book shows just how meaningful it can be to find your spiritual sense of calm. If you have ever felt that your life is too overwhelming, this book can save your mind a lot of worry. Reading this book was truly an excellent experience."

To find out more, please visit the official website at [www.themysteryoflife.co.uk](http://www.themysteryoflife.co.uk).

#### **About Jakub Tencel:**

Jakub Tencel (Dip Psychology) is a Certified Hypnotherapist and healer at his own practice in London, Brighton and occasionally in Prague. Jakub is also a re-connective healing practitioner and founder of self-acceptance method, Lovefullness (<http://www.lovefullness.co.uk>). He also teaches his technique of self-

acceptance and leads groups in Brighton and London for stress, anger management and healing. Having actively worked as therapist since 2010 he is also the CEO of the British Association of Therapists.

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