CONTACT: CARLA SHERMAN
PHONE: (805) 649-1600
EMAIL: carlasherman@justonelook.org

JOHN SHERMAN, TEACHER AND AUTHOR, SPEAKS ABOUT HOW TO LIVE AN AUTHENTIC LIFE FREE OF NEEDLESS FEAR AND ANXIETY

OJAI, CA– A revolutionary agitator, saboteur and bank robber in the sixties and seventies, John Sherman was shot in a gunfight in one of the bank robberies, escaped twice from custody, and spent two and a half years the FBI's Ten Most Wanted list. Captured in 1981, John was tried, convicted, and sentenced to thirty years in federal penitentiaries.

In 1993, John happened upon the ancient spiritual teachings and understandings, which captured his attention. In 1994, in a prison in Colorado, John gained enlightenment and spent more than a year in the fully open awareness of spiritual awakening, which eventually collapsed, leaving him bereft. Three years later, shortly before his release, John found true freedom by means of an extremely simple act of attention. John was released on parole in 1998, after having served eighteen and a half years of his sentence.

In the sixteen years since his release, John has worked tirelessly to develop a simple and clear way of speaking about what he sees to be the actual solution to all human psychological misery. Through his conversations with people all over the world, John has gradually divested himself of the constraints of spiritual, philosophical and religious expression. He now speaks simply to anybody about what he has to offer: an almost impossible to resist, harmless act of looking inward at oneself that dissolves the root cause of all human psychological misery and brings about the dawning of sanity in anyone who tries it.

John Sherman offers online webinars regularly and he accepts invitations to speak at conferences, schools, companies, universities, etc.

For more information, visit www.justonelook.org or call Carla Sherman at (805) 649-1600.

Books by John Sherman:

Look at Yourself (ISBN 978-0-9718246-7-6) - SilentHeart Press (paperback/Kindle/PDF ebook)
Just One Look, *The Fear of Life*, *The Way Forward* - SilentHeart Press (PDF ebooks)