



The University of South Carolina Beaufort Lunch with Author series continues on Wednesday, January 13 at noon at the Dataw Club's Carolina Room. Author of *The Practice*

Barb Schmidt

radiates enthusiasm and passion. She is one of those rare individuals who shows that she truly cares in every aspect of her life. She is a businesswoman, philanthropist, and spiritual teacher with over thirty years devoted to spiritual development and research. She has studied with Thich Nhat Hanh, Deepak Chopra, Scott Peck, and Marianne Williamson, among many other notable teachers. As founder of Spirit of Giving Network and cofounder and past president of Ronald McDonald Children Charities of South Florida, Barb raised millions of dollars for children and families in need.

In 2001, Barb partnered with [Florida Atlantic University's Peace Studies Program](#) to promote dialogue in the greater community on the topic of inner peace. Additionally, she taught a class on meditation and spiritual practices as part of the life-long learning program at Nova University for five years. For the past ten years, she has been offering quarterly workshops and weekly classes on spiritual practices and has facilitated lectures by many notable speakers, including the Dalai Lama, Dr. Jane Goodall, Caroline Myss, James Finely, Dan Millman, and Dr. Mona Lisa Schultz. A sought-after speaker herself, Barb regularly lectures at schools and organizations to spread her message of living a meaningful, happy life.

In 2011, Barb founded ' [Peaceful Mind Peaceful Life](#)' through which she teaches The Practice—a three-part guide to practical spirituality in today's modern world. Barb lives in Boca Raton, Florida, with her husband, Dick, and is the mother to Michelle and David. She remains a dedicated student of meditation, spirituality, and peaceful living.

In her book *The Practice*, Barb shares how to integrate a spiritual practice with daily life. This small book supplies a very practical answer by setting out clear guidelines on how to transform

our daily routine into a spiritual path. This includes instruction on being present in the moment with focused attention, mantra recitation, and opening the heart to all others in gratitude and loving kindness. This beautiful book is filled with practical advice and inspirational instruction.

Having embarked on a spiritual search and practiced sincerely for many years, Barb Schmidt herself radiates the intelligence and harmonious kindness that she teaches. So this book is the result of her own experience and will appeal to anyone – irrespective of religious affiliations – interested in traveling the spiritual path.

Lunch is served at noon and the all-inclusive price is \$42. Reservations are necessary and can be made at 843-521-4145, defurman@uscb.edu or online at www.uscbcenterforthearts.com .