

Welsh Man Turns Suicidal Despair Into a Pocket Manual for Wellbeing

Wednesday 25 June, 2025

Swansea, UK – 25 June 2025 – At eighteen, **David Oromith** was having a mental health crisis and planning his own death. Today, over twelve years later, he's a popular meditation teacher helping others find peace and happiness.

It was a desperate late-night Google search – “Why is life just suffering?” – that introduced him to this path, and – this summer – the journey blossoms into a new guide for anyone also wrestling with anxiety, stress, and burnout.

Calm Mind, Open Heart: 108 Reflections from Buddhism, Psychology & Real Life (Samadhi Publications, paperback, £8.99, ISBN 9781068436710) distils the lessons that helped the Welsh sceptic-turned-Buddhist trade panic attacks for peace of mind.

Every reflection is easy to follow and fits on a single page, pairing timeless Buddhist insight with real life and down-to-earth tips you can practise on a train, in a queue, or in the midst of an argument. David guides you with warmth, humour, and the disarming honesty of someone who has walked the path himself.

“I know how real life feels – panic attacks, depression – and I want others to know genuine change is possible without escaping to a mountaintop,” Oromith says. “I learned that the hard way – and I wrote this book so no-one has to feel as helpless as I did.”

Early buyers can pre-order now for a signed copy delivered one week ahead of the street date (1 August 2025) and before the title appears on Amazon and in UK bookshops.

FROM WARD TO WELLNESS

Oromith's first encounter with mindfulness came while working in mental-health services, already grappling with depression himself. “Professionals told me I might have to just live with it,” he recalls. “Buddhism showed me thoughts aren't facts and compassion and happiness can be trained like any other skill.” Today he co-runs the UK charity Samadhi, teaches weekly classes online and in person, and is preparing a book launch event in Swansea (details to follow).

Manu Oromith, Samadhi co-founder, adds: “David's story proves small, daily changes can transform a life. *Calm Mind, Open Heart* puts that power in the reader's pocket.”

KEY DETAILS

- Publication date: **1 August 2025** (signed pre-orders ship 25 July)
- Format: 145-page pocket paperback (108 × 171 mm)
- RRP: £8.99 | Available now at samadhi.org.uk/calm-mind-open-heart; Amazon listing to follow
- Launch & book-signing event (Swansea) – full information to be announced

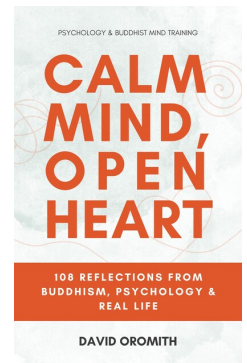
ABOUT THE AUTHOR

David Oromith (formerly David Johnson) is a Welsh Buddhist contemplative, mindfulness teacher and co-founder of Samadhi. Having transformed his own struggles with depression, anxiety and burnout through meditation, he now helps others cultivate mental and emotional balance via retreats, weekly classes and a podcast.

ABOUT SAMADHI

Founded in 2018, **Samadhi** is a UK charity dedicated to fostering genuine wellbeing through meditation,

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Buddhist psychology and yoga. Operating retreats, online programmes and community events, Samadhi welcomes people of all backgrounds and is a member of the UK Network of Buddhist Organisations.

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