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

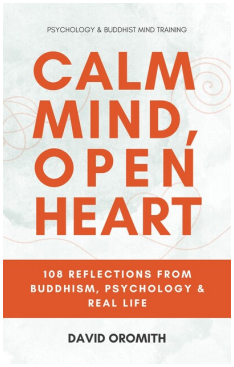
ABOUT THE AUTHOR

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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