

J E N C O M P T O N



Media Kit

BIOGRAPHY • BOOK BIO • TARGET AUDIENCE & BOOK BENEFITS • BOOK EXCERPT
TESTIMONIALS • CELEBRITY ENDORSEMENTS • MEDIA ACTIVITY • INTERVIEW QUESTIONS
CIVIL CELEBRANT • PERSONAL HOLIDAY SHOTS • CONTACT JEN



Contents

	Page
Biography _____	3-4
Book Bio _____	5
Target Audience & Book Benefits _____	6
Book Excerpt _____	8
Testimonials _____	9
Celebrity Endorsements _____	10
Media Activity _____	11
Interview Questions _____	12
Civil Celebrant _____	13
Personal Holiday Shots _____	14
Contact Jen _____	15

Biography

"The longest journey you will ever make in your life is from your head to your heart."

- Sioux Indians



Jen was born in Sydney, NSW in 1962. She grew up in Cronulla on Sydney's southern beaches.

From primary school, Jen attended St. George Girls' High School at Kogarah. Jen's first full-time job was as a legal stenographer for a large Sydney law firm. She then completed a Bachelor of Education (Primary) degree at The University of Sydney.

Jen studied French and Spanish at university and dreamt of becoming bilingual. She knew total immersion in the culture was the only way. In 1991 Jen flew to the city of Salamanca in Spain and embarked on a Spanish language course. She met her husband in Salamanca and their two boys were born there.

From 1996 to 2003 Jen worked as a full-time primary school teacher at a private college in Madrid. In 2003 Jen and her family returned to Brisbane and settled in The Gap. Jen became a permanent EAL (English as an Additional Language) teacher with Education Queensland and still teaches in this role today at a Brisbane primary school.

In 2016, Jen contracted post viral fatigue. This left her bedridden. Jen was impacted by the words of Eckhart Tolle on YouTube and began to write down his message in the form of rhyming verse. After writing fifty four poems, Jen self-published the first edition of *Life's a Mango*. She has now released the second edition with Ocean Reeve Publishing.

Jen loves reciting her poetry off by heart to audiences and has appeared on radio and in other live events in Queensland and New South Wales. Jen takes everyday situations and helps us to see them in a different light by adding a perspective with touches of gratitude, kindness, patience and forgiveness.

Jen is also an authorized civil celebrant. She delights in designing and delivering all types of ceremonies for the general public.



**"There are two ways to live:
as if nothing is a miracle, or
as if everything is a miracle."**

- Albert Einstein



Book Bio



Are you making the most of life or do you sense that something is missing? A keen awareness of this present moment, as it is, and real gratitude for it, will bring you ever closer to the joy you long for.

In this extraordinary mindfulness book, everything unfolds through the magic of rhyming verse. Jen applies universal ideas and reminds us that there's always a kinder way of dealing with life's situations. Whatever personal concerns you have, *Life's a Mango* helps to shed a more positive, compassionate light on what's happening. It will make you smile, reflect on life and ultimately it will help bring out the best version of you! Divided into four sections and

using the parts of the mango as a metaphor – the skin, the brown bits, the flesh and the seed, Jen's inspirational poetry will help transform your mind. The Sioux Indians said that the longest journey we will ever take in life is from the head to the heart. Jen's book is a travel companion to help you get there – in a soothing, inspiring way.

Whether it's by your bedside or on your coffee table, it's a book that you can open at any page and receive an instant feel-good message. The mandalas to colour in and the journal pages at the end make this a very special addition to your collection.

Target Audience

- social workers
- counsellors
- psychologists
- celebrants
- health workers
- teachers
- parents and grandparents
- deep thinkers
- poets
- creatives
- meditators
- religious leaders
- school children



Book Benefits

- Explore mindfulness themes through the magic of rhyme
- Develop better relationships with self and others
- See life situations from a kinder perspective
- Take the journey from the head to the heart
- Cultivate a more positive attitude to life
- Use the rhymes as an antidote to negative thinking
- Enjoy colouring the beautiful mandalas and writing in the journal pages
- Develop a more compassionate attitude to self and others

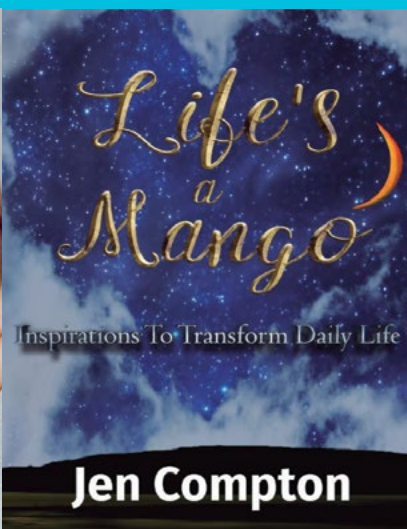
"You must be the
change you wish to see
in the world."

- Mahatma Gandhi



AUTHOR TALK

JEN COMPTON



"Let the beauty of what you
love be what you do."

- Rumi

Join us for an inspiring poetry recitation and
talk by Jen Compton. *Life's A Mango* is inspired
by the work of Eckhart Tolle and draws on
mindfulness principles.

Thursday 12 April | 6.00pm to 7.00pm
Cronulla Library

BOOKINGS ESSENTIAL

T 02 9710 0351
sutherlandshire.nsw.gov.au/library

SUTHERLANDSHIRE
LIBRARIES

Book Excerpt



Life's a Mango

Can life be more perfect
Than a mango you think?
Sucking flesh and seed
Standing at kitchen sink.

I'm totally here,
I'm totally NOW.
The taste of the mango,
Says, OMG. Pow!

I stand at the sink
The juice dripping down.
Mango becomes me;
The feeling's profound.

It demands to be noticed.
Blissed out. I'm here.
No past or future,
No pain and no fear.

I can't quite believe it.
Actually healthy!
This divine flavour
Has me feeling wealthy.

BE with each moment
Like you are with this fruit.
So much in love now,
Not in constant pursuit.

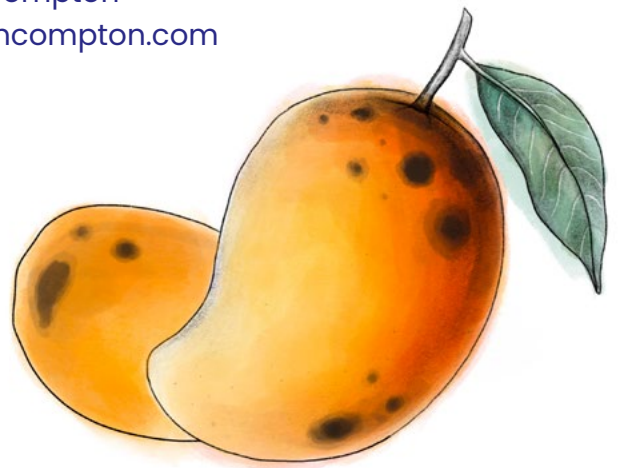
Taste buds on fire.
I am now my tongue.
No arms, legs or body.
I'm ageless. I'm young!

This mango moment,
In your mouth today.
The pleasure and joy
Make you want to say,

Thank you for this.
Thank you for taste.
Give thanks for each second.
Not a moment to waste.

Life is a mango;
It's rich and it's here.
Savour the moment
And you'll have no fear.

© Jen Compton
www.jencompton.com



Testimonials



“

The wisdom found here is deep, is profound and takes one to the core of existence where contribution to self and others adds meaning to life. Self compassion reaches to others once one gives. This is captured in each of these superb poems. Live by these poems and you will live peacefully.

– **John Hendry OAM**

“

Jen provides us with the power of POW in this juicy little book. Packed full of magical rhyming gems of the joy of BEING that were inspired not just by Tolle and the Dharma but by her own life experiences. This book contains a wealth of wonderful wisdom that can be life-changing but it has the exciting bonus of being FUN to read either to yourself or aloud with friends. Everyone can learn how to BE a more joyful and compassionate person by applying the “Magic of the Mango” in their daily life.

– **Graham Malcolm, science teacher**

“

I love that when I read Jen’s poems they feel like they were written for me. They speak to my soul and make me truly think about my life.

Jodi Cross, teacher

“

Jen is a veritable Dr. Seuss.

– **Michele Pinney, primary school teacher**

“

I love the timeless gems of wisdom that are portrayed in a witty and easy to identify with way. People of all ages will laugh and be touched by this beautiful, uplifting book. I also love how there are mandalas to colour and blank pages for journaling. My son and I sometimes read a poem before heading out for the day, which helps us breathe, laugh and be thankful.

– **Cielle Van Vuuren, artist & mother**

“

I’ve had *Life’s A Mango* by the bedside and have been flicking through it regularly. The verses are packed with soul and have a comfy flow. I think they suit young and old, women and men alike. There are some real pearls of wisdom from within. I think Jen’s words can have a real impact.

– **Melanie, Sydney GP**

“

I find *Life’s a Mango* a clever and gentle nudge into thoughtfulness through persuasive rhyme..ahh

– **Julie Borgelt, architect**

“

It’s an absolute privilege to hear her reciting her poems and just to immerse myself in her creativity. She’s a master of verse and art all in one. Can’t wait for the next book.

– **Tom Stodulka, author of *Storm Clouds and Silver Linings***

Celebrity Endorsements



Poetry is the music of the soul. Jen Compton's poetry is like a collection of beautiful songs that give voice to the spiritual reality of our lives. Its simplicity, sweetness and rhythm will expose you to the wisdom that will feed your soul. When Jen asked me if I would write the foreword to her book, *Life's A Mango*, I was delighted to say yes. Poets are my heroes and her poetry with the emphasis on living in the now reminds me of Rumi, Hafiz and Eckhart Tolle, who have always been my heroes. Jen's poetry has the power to inspire you and change the direction of your life. It will bring a smile to your face and will make

your life more meaningful in this world of uncertainty and complexity. Use this book as a guide on your inner journey; as a prism through which you will discover some very important universal truths about nature, ego, suffering, love, gratitude, intimacy and much more. Above all, Jen Compton's rhymes will bring you joy. They will bring you healing if you need it. To get the full benefit of this book, read only one poem a day. Then think about it. Let it sink in. Reflect. Let it affect you.

- Andrew Bienkowski, psychotherapist and author of bestselling book: *Radical Gratitude*



Jen offers inspiring wisdom in directing us how to find joy the only place it abides – the here and now.

- David Michie, author of *The Dalai Lama's Cat*



Mindful ways to take a fresh perspective on life. Beautifully described, always gentle and often amusing.

- Gill Hasson, author of *Mindfulness*



Jen Compton's rhymes can work wonders – soothing and reassuring, inspiring and challenging – they bring a smile and a pause. Let these bright glimmers of wisdom and mercy nourish your heart!

- Will Tuttle, Ph.D., visionary author of *The World Peace Diet*



This book of inspirations conjures pictures and feelings of joy for the past and excitement for the possibilities of the future.

Each inspiration soothes the soul, healing the child and adult within.

- Vicki Bennett, author of *The Book of Hope - antidotes for anxiety*



Jen Compton's poetic advice is simple but profound, just as all universal truths are.

- Robina Courtin – founder of the Liberation Prison Project and subject of *Chasing Buddha*.



Media Activity



Press Release

November 2021

POETRY: A BOOSTER SHOT FOR THE SOUL

Thanks to the increasing access to technology, we're more connected than ever. So, why are many of us still lonely? The COVID-19 pandemic has kept us separated from those we love so we need to find regular meaningful ways to truly connect with ourselves and others.

For writer and poet Jen Compton, connection starts with having a *keen awareness and appreciation of this present moment*. Although many of us have so much to be grateful for, it's easy to forget just how lucky we are when we are constantly caught up in daily busyness.

'It's vital for our own mental and physical wellbeing that we consciously celebrate what we have and who we are, rather than dwelling on what we don't have and who we are not!' Jen explains.

Brisbane teacher, Jodi Cross, says, 'I love that when I read Jen's poems they feel like they were written for me. They speak to my soul and make me truly think about my life.'²

With everything going on in the world, Jen's *Life's a Mango – A Guide to Awakening through Mindful Rhyming Wisdom* might be just the shot in the arm we all need! Her rhyming verses gently remind us to talk to ourselves in a kinder way as well as with those around us. For example, 'If our work colleagues are behaving negatively, instead of getting upset about it, we can cut them some slack and be a bit more compassionate—because we know how difficult life can be at times—for all of us.'

With Christmas just around the corner, head to Jen's website <https://www.jencompton.com/> to order a signed copy of her book for yourself and maybe a friend who needs some healing. You can also find her on Facebook [@jencompton](#) and on Instagram [@lifesamango](#).



¹ Neves, Barbara Barbosa; Waycott, Jenny; Maddox, Alexia (2021) Technology can help with loneliness in later life but is can also make it worse—here's why. ABC [Accessed September 23, 2021]

² Campo, R. (2019) *How Poetry Heals Us*. June. Available at: https://www.youtube.com/watch?v=KYIYIE2b_6U (Accessed October 29, 2021).



Interviews with Pip Coleman on Finding My Soul Podcast:

Episode 84. Listen Here

Episode 20. Listen Here

Episode 15. Listen Here

Interview Questions



1. What motivates you to write your poems?

2. Who or what inspires you?

3. What do you mean by *A Guide to Awakening through Mindful Rhyming Wisdom*?

4. Who is the book written for?

5. If you hadn't got sick, you wouldn't have written *Life's a Mango*. Tell us about that.

6. What will people learn from your book?

7. Explain what each option offers – audio, eBook and hardcopy.

8. Did you design the cover?

9. Why is *Life's a Mango* more than just another book on mindfulness?

10. Where can people buy your book?

11. How can people contact you?

12. What's next for Jen Compton?

Civil Celebrant



"To the world you may be one person, but to one person you are the world."

– Bill Wilson

Jen became an authorised civil celebrant because she loves composing and delivering ceremonies which resonate with people. She also enjoys collaborating with her clients in designing special occasions suited to their needs. Jen is a strong believer in the power of rituals and the way they connect us to each other. She is a trained celebrant for weddings, renewal of vows, naming ceremonies, memorials, funerals and more. If you are looking for an optimistic, communicative celebrant with a passion for her job, as well as high attention to detail, please contact Jen.



Personal Holiday Shots

“Change the way
you look at things
and the things you
look at change.”

- Wayne Dyer



Contact Jen

Website: jencompton.com/lifes-a-mango

Email: jencompton@hotmail.com

Phone: +61 405 158 776



Jen Compton



@lifesamango



Access Life's a Mango on Audible

