

PRESS RELEASE - 22nd July 2011

From: Sam Brady

Sam Brady's one man show, *Mediation Ruined My Life*, has picked up a **Forever Manchester 5 Star Award** at the Not Part Of Festival in Manchester.

The award came after Brady packed out Sandbar in Manchester, performing the show in full for the first time.

Meditation Ruined My Life will run at the Edinburgh Fringe from 6th to 27th August each day at 1:20pm at Medina, Lothian St (Venue 205) as part of the PBH Free Fringe.

About Meditation Ruined My Life

Meditation Ruined My Life marks Sam's Fringe debut and is his first full-length one man show.

The show tells the true story of Sam's decision to give up everything to become a Buddhist monk. It also explains why he failed in his spiritual quest and shares what he learned.

Meditation Ruined My Life is full of jokes and funny anecdotes - but does not shy away from the tragic and dark side of Sam's experiences.

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