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| John Hunt Publishing - **O-BOOKS** - announces the new title | | |
| **Other Side of the Valley, The** Healing Through Altered States of Consciousness  Linda Edwards  A journey from sceptic to passionate practitioner.  Blending research with personal stories and drawing from healing paradigms from around the world, The Other Side of the Valley distils reams of scientific and subjective experience into a coherent and simple approach to life. Whilst charting the author's personal journey from sceptic to complete acceptance of healing through altered states of consciousness the book is also designed to provide a pragmatic approach to healing and well-being.  **Author Bio** Linda Edwards is a shamanic healer, trainer, therapist and leadership coach with a PhD in Healing Through Altered States of Consciousness. She lives in Wiltshire, UK. Linda welcomes comments and queries and can be contacted at linda@thebarefootexcutive.co.uk  **Previous Titles** The Barefoot Executive: Leadership Skills for the 21st Century (9781606938195), Strategic Book Publishing & Rights Agency, LLC, 2009.  **Endorsements** *We are living in a time in which a new psycho-spiritual complex is coming into being, one that encourages each of us to become our own teacher, our own prophet or priest, one that blends both modern science and traditional indigenous wisdom. In her book Linda Edwards has woven a fabric in which she has created very good medicine indeed. Highly recommended.* ***Hank Wesselman PhD., co-author of the award-winning Awakening to the Spirit World: The Shamanic Path of Direct Revelation, with Sandra Ingerman***  **Promotional Plans** Author talks at self-help/complementary healing events. Promotion through author's work as a therapist, and shamanic healer. Articles in MBS magazines, blogs. JHP MBS social media promotion, O Books Presents YouTube channel interview.  **USP** This book brings together experiential evidence and scientific data in a very readable format, enabling a wider audience to understand and practise alternative and complementary healing.  **Competing Books** Healing with Information 9781782798583, by Maria Sagi O Books, 2018  **Categories** HEALTH & FITNESS (General)(HEA032000) -> Alternative Therapies(HEA032000) BODY, MIND & SPIRIT (General)(OCC011000) -> Healing (General)(OCC011000) SELF-HELP (General)(SEL037000) -> Neuro-Linguistic Programming (NLP)(SEL037000) |  | **Publication Date** January 2019  **Paperback** ISBN: 978-1-78099-826-8 $16.95  |  £10.99 8.5x5.5 inches | 216x140 mm 192PP  **e-book** ISBN: 978-1-78099-825-1 $7.99  |  £5.99  **Library of Congress** 2015937453 |
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