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| John Hunt Publishing - **O-BOOKS** - announces the new title |
| **Living Space: Openness and Freedom through Spatial Awareness**Paul HolmanDiscussing the idea with reference to accounts of awakening in esoteric literature, as well as contemporary psychological methods, Living Space: Openness and Freedom through Spatial Awareness proposes that a common denominator in both physical and emotional healing is the creation of more perceptual and conscious space and that an easier and more spacious awareness can be achieved by relatively simple changes to the way we pay attention. These ideas have implications for the way we balance body, mind and spirit.**Author Bio**Paul Holman is a doctor with 40 years’ experience in psychiatry, who trained in Britain and then moved to Australia. He has a lifelong interest in mind-body relationships and was a pioneer of nutritional medicine in Australia. He has written and lectured extensively on nutrition, addiction and psychotherapy. He lives in Melbourne, Australia.**Previous Titles**Hawks, Doves and Other Humans: Discovering a New Science of Constitution, Temperament and Health (9780980589801), Wind and Water Press, 2009. **Endorsements***In this unique and accessible work, Paul Holman invites us to become aware of space within, around and beyond us. Space, he argues, is a primary resource for psychological transformation and spiritual awakening. Offering examples from numerous contexts, including science and personal testimony, he shows how altering our spatial awareness can open us to new visions of reality. This generous book is packed with insights for personal and clinical use.****David Tacey, Emeritus Professor, author of The Spirituality Revolution*****Promotional Plans**Author to write articles for Psychology and MBS publications and websites, discussing ideas raised in the book. Q&A with the author about his work. Interviews, travel for book promotion in Australia. Promotion via JHP MBS social media, blog. Source key pre-publication reviews.**USP**The idea of cultivating spatial awareness is unusual and hardly mentioned in psychological literature. There is also very little written about the different forms of attention, and how to use them for improved performance and stress reduction.**Competing Books**Embodied Being 9781623170264, by Jeffrey MaitlandNorth Atlantic, 2016**Categories**BODY, MIND & SPIRIT (General)(OCC010000) -> Mindfulness & Meditation(OCC010000)SELF-HELP (General)(SEL024000) -> Self-Management (General)(SEL024000) -> Stress Management(SEL024000)PSYCHOLOGY (General)(PSY013000) -> Emotions(PSY013000) |   | http://www.johnhuntpublishing.com/assets/docs/books/5992/jhp5a86e009b9f7b.jpg**Publication Date**December 2018 **Paperback**ISBN: 978-1-78535-609-4$29.95  |  £17.998.5x5.5 inches | 216x140 mm344PP**e-book**ISBN: 978-1-78535-610-0$14.99  |  £8.99**Library of Congress**2017944840 |
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