

Healing Self, Healing Earth

Shows Readers Accessible Path to Transition and Purpose

“Eat this book. Nibble it, devour it. Nourish your life in these pages. Here is wisdom blended especially for the lives we live today.”—MAGGIE BEDROSIAN, *Life is More Than Your To-Do List*

San Francisco, CA (August 1, 2010) — As global citizens face more frequent news of environmental catastrophe along with an increasing desire to improve their own health and lifestyles, along comes a book that seamlessly weaves the two concerns into an accessible guide for daily living. *Healing Self, Healing Earth: Awakening Presence, Power and Passion* by activist and yoga instructor Roy Holman shows how tending our personal growth can lead to the betterment of all. Holman writes:

“The world is only a reflection of what is residing within each of our hearts, and the problems of the outer world are really a manifestation of an inner spiritual and emotional dis-ease. As we feel, heal, and express ourselves, we help heal the Earth.”

The book is an excellent introduction for those starting out on a spiritual path who seek a holistic lifestyle. *Healing Self, Healing Earth* includes stories, tips, daily practice points, and meditations to guide the reader to a powerful and passionate life. Holman gives instructions on how to:

- Be present and use conscious breath for healing
- Care for the body through food, nutrition, yoga and exercise
- Handle challenging emotions such as anger, fear and hate
- Understand life force energy, boundaries and chakras
- Overcome pain, adversity, addictions, grief and failure
- Be compassionate while in your power and authenticity

Healing Self, Healing Earth is designed as a user-friendly handbook for those seeking meaningful self-care practices that ultimately lead to Mother Earth-care.

Author Roy Holman is a certified Yoga, Meditation, and Healing Instructor who has been teaching personal growth and Earth stewardship for over ten years and leads retreats to Costa Rica, Mexico, Guatemala, Sedona, and in his home state of Washington. Holman also spent several years abroad doing human rights work in Central America.

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Title: *Healing Self, Healing Earth*

Pub Date: 2010

Author: Roy Holman

Publisher: Holman Health Connections

ISBN-13: 978-0-615-29882-5

Distributors: New Leaf, Baker & Taylor, Ingram

List Price: \$15.95

Format: Paperback, 208 pages, 5.25 x 8.25

Rights: World

Publicity: Warwick Associates publicity@vom.com, www.warwickassociates.net;
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