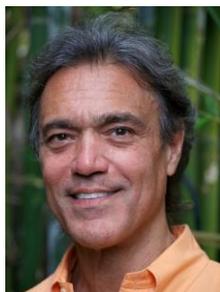


Howard E Richmond, MD: Transformational Psychiatrist, Author, Coach

Teaching People about Healthy Self-Care & Living the Best Life Imaginable



HOWARD E RICHMOND, MD is a transformational psychiatrist and author as well as an inspirational teacher and coach who has a unique ability to meet people where they are and guide them through the intersection of body, mind and spirit to live the best life imaginable. His lessons about releasing judgments and hidden emotions introduce a new language that fuels and stimulates personal growth. One of the lessons he's learned over twenty years in private practice is the value of being "out of your mind" and into your heart. *The Healing Field: A Young Psychiatrist's Battle with His Anorexic Patient, Her Hunger Strike against God, and Their Journey through the Dark Night of the Soul*, is his first novel. It is a riveting account of the healing breakthrough that saved his anorexic patient's life and transformed his own. Dr. Richmond believes the golden rule is incomplete. The missing part is "do unto self as you would have others do unto you."

Suggested Intro: Transformational psychiatrist and author Howard E Richmond, MD is an inspirational teacher, coach, hot yoga enthusiast and stand-up comic. He meets people where they are on their life's journey and teaches a new language that promotes healthy self-care and aligns body, mind and spirit. His lessons about releasing judgments and hidden emotions fuel and stimulate personal growth. One of the principles he's harnessed over twenty years in private practice is the virtue of being "out of your mind" and into your heart. As a way to rejuvenate his own creativity as a new therapist, Dr. Richmond was drawn to explore stand-up comedy; it was humor that served as the catalyst that ultimately saved the life of one of his patients. *The Healing Field*, Dr. Richmond's first novel, is the riveting account of a daring, out of the box healing journey with his anorexic patient "Lori," who was determined to die. Between her desperation and his determination, they become locked in a battle for life that crosses conventional boundaries and reveals that healing and freedom come in surprising forms.

Websites: <http://www.HowardRichmondMD.com> ■ <http://www.TheHealingFieldBook.com>

Suggested TOPIC for DISCUSSION:

- **The Power of Words to Harm or Heal** – People tend to phrase things in ways that ultimately set shame and self-judgment traps and they don't even know it. Simple shifts in word choice between "should" versus "could" or "hard" versus "unfamiliar" give a person a leg up in conversations internally and with others. Dr. Richmond will discuss the power of words to harm or heal and give a glimpse into how a person's "inner critic committee" runs the show, especially when certain pesky words are the default language that gets us in trouble.
- **How to Shift Energy-Draining Reactions and Why It Matters** – Consciously seeking people start with healthy self-care when they are want to improve their relationships, creativity and performance. Dr. Richmond talks about living the best life imaginable by releasing judgment and shifting energy-draining reactions in favor of reactions that stimulate personal growth. He will share the virtue of two big principles: 1) being "out of your mind" and into your heart and 2) that joy and freedom flourish when a person aligns body, mind and spirit.

Suggested QUESTIONS for Howard E. Richmond, MD

1. Your book is a fictionalized account of a doctor-patient relationship. How did you come to write *The Healing Field* in light of the fact that doctors don't usually do that?
2. Your book is a story about your twenty-year mission to transform, or more precisely, save a life. What kept you in the game, so to speak? Why didn't you give up on your patient after several hospitalizations and failed treatment plans?
3. Has writing *The Healing Field* changed your ideas about the field of psychiatry or your mission in the world?
4. What is healthy self-care? Is it tied to self-worth and quieting the inner critic?
5. As a doctor, you write prescriptions for medication to ease pain and discomfort. What other prescriptions do you write?
6. How do you see your work and ongoing *Lessons from The Healing Field* impacting the world?
7. How can people learn more about aligning mind, body, and spirit to access more joy and freedom?