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## **San Diego-based psychiatrist writes about love and redemption in debut novel based on a true story**

SAN DIEGO, CA September 20, 2014 – Howard E. Richmond, MD announces the publication of his first novel, *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*. The story is a real-life journey about moving from fear and shame to love and redemption.

Based on a true story, *The Healing Field* chronicles how an anorexic woman and her psychiatrist are both transformed through their remarkably candid interaction. Lori is tormented by her past and determined to end her life by quietly starving herself to death. Dr. H has his work cut out for him as he tries everything to keep her alive, including medication, therapy and a dozen hospitalizations. When he finally cracks the code, the healing is a miracle they both recognize.

Cracking the code with Lori was made possible by another interest in the young psychiatrist's life: stand-up comedy. "Healing with humor is a beautiful pattern interrupt," Richmond says. "Laughter sets up a new way of coping with difficult situations and ancient baggage."

Laughter can indeed be the best medicine for people with deep wounds.

Twenty years ago, like the psychiatrist in the story, Richmond wasn't enjoying his own life. He found himself overwhelmed in a new practice and a marriage that wasn't working. To shake things up, he enrolled in a stand-up comedy class. The comedy transformed his outlook and gave him new tools for his patients. As his alter ego *The Comic Shrink*, Richmond enjoys making people laugh "out of their minds and into their hearts."

Richmond says he wrote *The Healing Field* at the urging of his patient he calls Lori in the book. "She is one of the bravest and most giving people I have ever known," Richmond says. "She wants her story to be a blessing to others with eating disorders or debilitating emotional wounds."

For Lori, the journey to healing included an eating disorder and coming to terms with how she came to be on that path. Readers will be inspired by the strength of character and determination she and her doctor showed as they ultimately worked together to save her life.

*The Healing Field* is available on Amazon as a paperback or Kindle eBook. Read more about the story and "Letters to Lori" on <http://TheHealingFieldBook.com>.

For more information about Richmond's professional writings, workshops and comedy appearances, please <http://HowardRichmondMD.com>

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