

Bios for Howard E Richmond, MD

2-line Bio:

Transformational psychiatrist and author Howard E Richmond, MD is 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. Visit <http://HowardRichmondMD.com>

Short Bio:

Transformational psychiatrist and author Howard E Richmond, MD is 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 teachings about releasing judgments and hidden emotions introduce a new language that fuels and stimulates personal growth. *The Healing Field*, his first novel, is a riveting account of the healing breakthrough that saved his anorexic patient's life and transformed his own. Visit <http://HowardRichmondMD.com>

Medium Bio:

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Long Bio:

Transformational psychiatrist and author Howard E Richmond, MD is an inspirational teacher and coach, daily practitioner of yoga, and stand-up comic. He 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. Richmond believes the golden rule is incomplete. The missing part he says is to "do unto self as you would have others do unto you." He teaches a new language of conscious love that promotes healthy self-care and aligns body, mind and spirit.

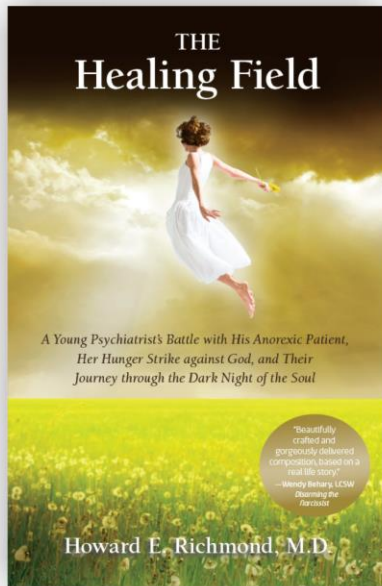
As a way to rejuvenate his own creativity, Richmond was drawn to explore stand-up comedy. As fate would have it, humor was the catalyst that ultimately saved the life of one of his patients. After failed attempts with traditional tools of psychiatry like medication, psychotherapy, and multiple hospitalizations, Richmond decided to risk using humor to reach her. She laughed, which set in motion a miraculous transformation for both doctor and patient.

Thus, *The Healing Field* was born. 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.

When *The Healing Field* debuted as an Amazon Kindle eBook, it immediately garnered Number 1 bestseller status in three categories: *Personal Growth and Transformation*, *Spiritual Healing*, and *Medical Fiction*. Richmond is working on a second book, *From the Battlefield to the Healing Field—Lessons Earned*, a companion guided to *The Healing Field*.

As the son of a State Department Foreign Service office, Richmond grew up in Japan, Thailand, and Brazil. He lives in San Diego, California, with his wife and their two German shepherd rescues. When he's not coaching or seeing patients, he can be found doing hot yoga (that's 26 poses in 108 degrees for ninety minutes), playing 12-string guitar, or walking on the beach with his sweetheart and the dogs.

Visit <http://HowardRichmondMD.com>



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For more information:

Howard E. Richmond, MD

info@howardrichmondmd.com

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
by Howard E. Richmond, MD

About the Book:

Just starting out in psychiatry, "Dr. H" approaches his client's death wish via anorexia with all the tools his profession provides: medication, therapy, hospitalizations, and even, when truly desperate, electroconvulsive therapy. But nothing works.

Discouraged by Lori's continuous decline and overwhelmed by his growing practice, he decides to shake things up in his own life by enrolling in a stand-up comedy class. With the door to his creativity and humor now open, he surprises himself with fresh treatment ideas that just might startle Lori out of her deepening depression. Dr. H begins to recognize that healing doesn't always follow protocol and that it requires the courage of not only the patient, but also the doctor.

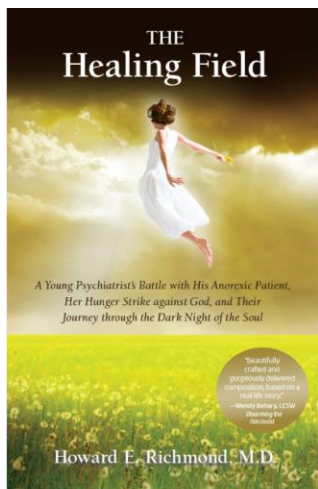
A fictionalized account of a real-life journey from fear to love written by Dr. Howard E. Richmond, *The Healing Field* is an encouraging read that addresses the tough topics of anorexia, self-esteem, suicide, and abuse with enough gravity, humor, and hope to start you on your own path toward healing.

About the Author:

Transformational psychiatrist and author Howard E. Richmond, MD is an inspirational teacher and transformational coach who greets people on their life's journey and guides them to create the best life ever. His lessons about releasing judgments and hidden emotions introduce a new language that fuels and stimulates personal growth. *The Healing Field*, his first novel, is a riveting account of the healing breakthrough that saved his anorexic patient's life and transformed his own. Richmond practices hot yoga daily in San Diego, California, where he lives with his wife, Elana, and their two German shepherd rescues, Jayde and Houdini.

Marketing:

- Available at Amazon.com
- Continual promotion via weekly Internet radio show hosted by "Dr. H"
- Continual promotion via blog posts on TheHealingFieldBook.com



The Healing Field

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ISBN: 978-0-9907462-0-1 Kindle

Praise for *The Healing Field*

The Healing Field is more than a novel. It is a beautifully crafted and gorgeously delivered composition based on a real-life story. It thoughtfully reveals the bold and unabashed narratives of a psychiatrist and his patient amid their strengths and struggles, personal and conjoint experiences, and raw texture of authentic humanness. Narrating with a mellifluous and metaphorical voice, Howard Richmond offers readers a unique opportunity—inviting them to enter the private emotional residence of an unconventional treatment room. The book is respectfully and entertainingly written. Readers are permitted to peer into the personal world of a devoted physician and the complex challenges he shares from the confidential file folder of one woman who experiences a courageous awakening.

—**Wendy T. Behary**, LCSW, author of *Disarming the Narcissist: Surviving and Thriving with the Self-Absorbed*

The Healing Field is a riveting novel about the healing journey of doctor and patient—a universal story of how the power of love can conquer fear and make you want to live. Howard Richmond is the rare physician who knowingly crosses unconventional terrain, with creativity and empathy, in pursuit of saving his patient from self-destruction.

—**Bill O'Hanlon**, featured Oprah guest and author of *Do One Thing Different*

Dr. Howard Richmond has an extraordinary ability to share his wisdom and experience with his patients. He helps them with clarity, love, humor and great devotion. I've observed him lecture, teach and inspire his colleagues and the community for over two decades. In *The Healing Field*, we can clearly see how Dr. Richmond is able to support, guide and empower. It is a must read for anyone who is interested in seeing what the power of the human spirit can do in the midst of terrible emotional trauma. Kudos to both teachers: Lori and Dr. Howard.

—**Daniel Vicario, M.D.**, ABIHM Medical Oncology and Integrative Oncology Medical Director, U.C. San Diego Cancer Center Director, Integrative Oncology Program San Diego Cancer Research Institute

Dr. Howard Richmond takes us on a healing journey through a complex web of human emotions, replacing fear, anger, shame and hate, with love, hope, courage and strength. His compassion and endurance combined with humor, intelligently sweep us into a world where the impossible not only becomes possible but real.

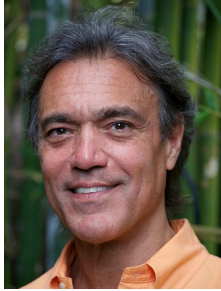
—**Nina C. Payne**, Author of *Moments in Time*

Howard Richmond's book, *The Healing Field*, is a story for all of us. Dr. Richmond offers us a clue to spontaneous medical remissions and how they can occur in a single moment of surrender and trust.

—**Paul Brenner, MD, PhD**, author of *Buddha in the Waiting Room* and *Seeing Your Life Through New Eyes*

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 TOPICS 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.
- **Why Unhappiness with Our Bodies is a Raging Epidemic** – In the U.S. ninety-one percent of women are unhappy with their bodies and resort to dieting to achieve their ideal body shape. Now contrast that with the fact that only 5% of women naturally possess the body types portrayed by American media. Also, ninety-five percent of people with eating disorders are between the ages of 12 and 25, which means a whole generation can be suffering and tormented by beliefs and self-talk that keeps them in a prison of pain and shame. And 25% of college aged women engage in bingeing and purging as a weight management technique. Dr. Richmond has experience working with patients with body image issues and can share a frank discussion about how appearance and self-worth are two completely different things.

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?



Peters & Brown Marketing
Deborah Brown
623-824-2727
petersandbrown@cox.net
PetersandBrownMarketing.com

FOR IMMEDIATE RELEASE

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>

CONTACT: Elana Cohen at 760-610-6234

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SAMPLE CHAPTER

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*

"Beautifully
crafted and
gorgeously delivered
composition, based on a
real life story."

—Wendy Behary, LCSW
*Disarming the
Narcissist*

Howard E. Richmond, M.D.

"Out beyond ideas of wrongdoing
and rightdoing, there is a field.
I'll meet you there."

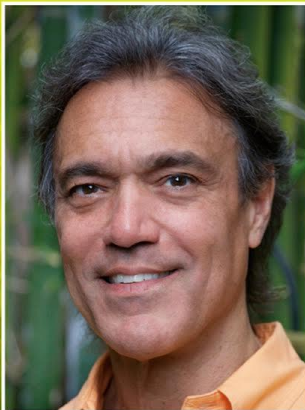
—Rumi

Find the courage to change despite fear...

When a failed back surgery causes thirty-nine-year-old Lori's inner reserves to crumble, she is forced to see a psychiatrist and finally face her tortured past.

Still new to psychiatry, "Dr. H" faces his biggest challenge to date when Lori stumbles through his door. Little do they know that their relationship is one that will either make them or break them. Between her desperation and his determination, they are locked in a battle for life that will cross conventional boundaries and reveal that healing and freedom come in surprising forms.

As Lori fights to overcome anorexia and reclaim her self-worth, Dr. H must find the courage to step outside established scientific methods and try less orthodox techniques if he has any hope of helping her. Based on a true story, *The Healing Field* is the inspirational journey of a doctor and his patient who must both face their fears in order to embrace their lives.



ABOUT THE AUTHOR

Howard E. Richmond, MD is an integrative psychiatrist, inspirational teacher and daily practitioner of hot yoga. He is working on his second book, *The Story Beneath The Story: The Power of Emotions to Harm or Heal*.

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**

Howard E. Richmond, MD

“The Doctor is effective only when he himself is affected.”

—Carl Gustav Jung

Published by Mind Expander Press

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This book is not intended as a substitute for treatment of psychological or emotional conditions that may require evaluation and care from a physician or appropriate mental health professional. The intent of the author is that the book be a source of inspiration and support for one's quest for physical, mental, and spiritual wellbeing.

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Preface

Dear Reader,

I wrote *The Healing Field* only at the urgent call of my patient, whom I call Lori in this novelized version of our story. “You have to write about this,” she implored. “You have to write about the miracles, because it can help someone else.”

It never crossed my mind to share such a deeply personal and intimate journey of one of my patients. Confidentiality, after all, is a foundation of the doctor-patient relationship. Yet on a deeper level, a voice inside me knew she was right. If she had the courage to bare her soul, and if our journey together could inspire others or affect them positively, then I was all in.

The Healing Field needed more than a dozen years of cultivation before it was ready to bloom. While names have been changed and some minor characters and events have been fictionalized to maintain privacy, the novel reflects the essence of what unfolded between my patient (the aforementioned Lori) and me (Henry Kaplan in the book).

Howard E. Richmond, MD

San Diego, California

Prologue

Bullets for Jesus

March 23, 1976

Lori Blackwood Johnson finished preparing sandwiches at her parents' home in rural southern California. Tuna fish, tomato, and avocado, sliced to perfection. She barely noticed Jimmy Swaggart preaching in the living room on AM radio: "Don't listen to the hedonists," he spouted. "God doesn't want you to be a homosexual."

Her blue eyes peered out the kitchen window toward the graying sky. Other things were weighing on her mind. *The Lord rained upon Sodom and Gomorrah brimstone and fire.* A beam of sunshine broke through the clouds without warning, highlighting vegetation on the distant hills.

In four days, Lori would be turning twenty-one. She had married suddenly, nine months earlier. Lori's son was almost a year old now, napping in her old bedroom. It had been a shotgun wedding. That was the murmur from the congregants. *I feel so overwhelmed,* she thought. *How did my life become so confusing?* Lori didn't feel prepared for being a wife or a mom. But what worried her most was the fact that her sister Linda, who was four years older than Lori, had become so terribly depressed and withdrawn. Linda was spending more time alone in the bedroom each day, blinds shut tight, darkness consuming her light.

Lori's soft shoulders sank heavily from guilt. Linda had become increasingly withdrawn ever since Lori gave birth. *That's because I was able to keep my baby,* Lori reminded herself. *Linda's baby was born out of wedlock.* Lori flashed back five years to the time Linda got pregnant and told their father.

Linda was nineteen, Lori fifteen. Getting pregnant outside the bonds of marriage was a serious offense in the watchful eyes of their community and church. Lori's parents called an emergency family meeting and summoned the unwed members of their flock to the master bedroom. Lori, Linda, sixteen-year-old James, and twenty-one-year-old Gail gathered at their doorway. The oldest daughter, Theresa, was married and on a religious mission with her husband in Southeast Asia.

"Line up single file," Mr. Blackwood barked.

Like the Von Trapp family, the four siblings rapidly assembled in birth order—Gail first and Lori last, with James and Linda sandwiched in the middle. Mom, tight-lipped and quietly agitated, stood next to her husband at the end of their twin beds with their old-fashioned box springs and rounded spruce headboards. Lori's tongue furtively flicked the top of her palate, a revival of the nervous habit she thought had faded long ago.

"Forward, march!" Jeremiah Blackwood commanded with the authority vested in him by virtue of his position. Dads knew best, the patriarchal tribe assured most assertively and absolutely. One by one, the frightened children entered their parents' sterile bedroom. Linda, usually so sweet, pretty, and dainty—like an award-winning Japanese orchid—hung her head particularly low. All three girls had their eyes glued to their feet. James, knowing the heat was off him, breathed easier than his sisters.

Their father began with a familiar quote. "Every man is tempted when he is drawn away of his own lust and enticed."

Lori wished she could hold and comfort her dear sister, whose pain felt like her own. She longed to reach past James with her outstretched arms and say, "Let me embrace you, sweet Linda, and remind you I am by your side and love you dearly." But she dared not risk such an effusive gesture. The fear of her father's wrath and rejection kept her own anger buried deep in a vault of trepidation and sadness.

"Then when lust hath conceived," Father continued solemnly, "it bringeth forth sin; and sin, when it is finished, bringeth forth death."

Lori's mother swallowed in wretched discomfort. She had just made a significant tithing at church, and now there was hell to pay.

"Lori!" the elder Blackwood snapped. "Which verse?"

James smirked with silent jealousy. Everyone knew Lori was a whiz on chapter and verse.

“James, chapter one, verses fourteen and fifteen,” Lori muttered blankly to her ankles.

“Your sister has committed the evil act of fornication,” their father proclaimed, “and has become pregnant.” He paused to examine his other two daughters, as if searching for impurities. “And because of selfish gratification of her own pleasure, she has inflicted deep pain onto your mother and me.”

Jeremiah L. Blackwood was a proud deacon and treasurer of the church that Lori’s maternal grandfather, a minister, had founded. Lori’s paternal grandmother had also been of the cloth. The whole family tapestry was woven in religious fibers. Now Father would have to resign.

No one dared breathe. Lori felt the burn of his stern gaze, but she also felt the silent despair she knew her sister was suppressing. Unable to stay silent any longer, she blurted out, “What about the baby?” She was trembling at the knees.

Her father ignored the outburst. “Since there is so much immorality, each man should have his own wife and each woman her own husband.”

First Corinthians 7:2, Lori remembered. Her eyelids twitched. *What about the baby?* she screamed inside.

Father pointed to Linda’s flat belly. “The child will be placed in a Christian home.” He glanced at his wife, who stood by expressionless. “And your mother and I have decided it’s best that Linda go away while she shows evidence of her egregious sin.”

Lori gasped. Linda muffled a sob. Gail didn’t know what to do. James sneezed, drawing attention he did not want.

“Young man,” his father said, “where will you find the following: ‘The sexually immoral will not inherit the kingdom of God’?”

“Uh...uh...” James scratched his head. “John, chapter one, verse fourteen?”

Lori’s body contracted further, as a flood of grief strained to be released. *Please don’t ask me*, she thought, struggling to push back her tears.

“Wrong!” his father said. “You will memorize the whole verse by tomorrow night.” He turned his head toward Lori. “Which is it?”

“First Corinthians, chapter six, verse sixteen,” she mumbled through her clenched teeth.

“Correct. Now then.” He swept his gaze from Gail to Lori. “About face!”

They turned around in unison.

When her belly began to bulge, Linda was sent to a Christian home in Los Angeles under a cloud of shame. Lori was left to grieve in silence, counting the months, the weeks and the days till her sister would return, trying not to think how Linda’s heart would be gutted when the baby was taken away from her. As soon as the umbilical cord was cut, a middle-aged nurse, mask covering her face, whisked the infant away to a young married couple waiting in the next room with adoption papers in hand. Linda had tried to scream, “No! She’s mine! Give her to me! She’s mine!” But no words had come out.

A flurry of rain pattered on the clay roof interrupting Lori’s thoughts.

“Satan loves those who lust after the pleasures of the body,” Jimmy Swaggart cried out from the radio.

She lurched around and reached for the off button. Flustered, she turned her attention back to lunch, a welcome distraction. *I pray that Linda is going to eat today*, she thought, counting the plates, making sure there was food for everyone.

A loud pop reverberated at the opposite end of the house and sent a jolt of lightning up Lori’s spine. She recoiled in anguish, assuming it was Father shooting a rabbit from the porch outside the master bedroom. Lori and Linda cringed when he fired at the furry creatures.

“Damn critters are eating the cantaloupes and watermelons again,” he’d yell, reloading his Winchester .22 caliber single-shot rifle.

“Please don’t shoot them,” they’d beg to no avail. Their words fell on deaf ears and their eyes swelled with tears. Finally they gave up and tried to be far away whenever their father got out his rifle.

But this shot sounded too close to be outside, and Lori’s mind bolted forward to the present. She looked out the side window, where she saw her father and her husband, Kevin, hurriedly leaving the fruit garden at the far end of the expansive backyard. Dad wasn’t shooting rabbits. Lori’s heart skipped a beat.

“Linda!” she called out.

There was no answer.

She took a quick breath. Her mind started to race. She shouted, “Linda! Answer me! Linda, please!” The silence only made her voice reverberate throughout the house. Lori sprinted down the long hall toward the sound of the shot. In the doorway of her parents’ bedroom, she came to a sudden halt, as if her body had slammed into a wall. Her mind reeled at the horrific scene before her.

Praise for *The Healing Field*

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—Daniel Vicario, M.D., ABIHM Medical Oncology and Integrative Oncology Medical Director, U.C. San Diego Cancer Center Director, Integrative Oncology Program San Diego Cancer Research Institute

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—Paul Brenner, MD, PhD, author of *Buddha in the Waiting Room* and *Seeing Your Life Through New Eyes*

Sometimes a story comes along that has universal power. In the case of *The Healing Field*, it is a story that forever changed two people’s lives—and because they chose to share it, it has the power to change ours.

—Krista Roybal, MD, Founder and Medical Director of True Life Center for Wellbeing