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Psychiatrist Larry Culliford explores mystery and comes up with wisdom...

LOVE, HEALING AND HAPPINESS: SPIRITUAL WISDOM FOR SECULAR TIMES

LARRY CULLIFORD

There are different kinds of knowledge. What can be observed, measured and tested gives rise to *scientific* knowledge; but there is also the knowledge of how to be and behave how to grow and mature throughout life. This is wisdom, *spiritual* knowledge, quite as precious as science, but mostly forgotten in these secular times.

Love, Healing and Happiness, avoiding the mistake of one-sidedness, rejects neither science nor mystery. It weaves scientific knowledge, psychological insights and religious traditions from East and West into a special new wisdom for our age. An Anglican bishop has written, "Larry Culliford has a remarkable gift for making connections between psychology and spirituality, and for linking our basic human needs with divine love. This is a wonderful book..." A different reviewer, from a Hindu background, has said, "It will become a spiritual classic".

A refreshing antidote to vociferous atheism, Larry's words speak to people of all religious faiths and none. Favourably compared to M Scott Peck's remarkably influential *A Road Less Travelled*, his book has authority and an authenticity derived from many years of compassionate psychiatric practice. "He is a marvellous writer, a born story-teller", a third reviewer has written, "Saying vitally important things about our need for a deep, spiritual life".

In stories of patients who have taught him vital lessons about human values and the key psychology of healing following loss, and in revealing poignant episodes from his own life, Larry gives an account of processes and stages of spiritual development for us to recognize, in ourselves and others. In doing so, he identifies pitfalls and gives terrific encouragement, by sharing this precious wisdom and providing clear direction. His book helps us face inevitable losses with greater hope for future joy and contentment. Our lives enriched, we automatically then benefit others. So, in terms of spiritual versus material values, everyone who reads and learns from this timely and readable book will help restore a crucial and necessary balance to the world. *Love, Healing and Happiness* is truly original, and highly recommended.

AUTHOR INFORMATION

Love, Healing and Happiness
Larry Culliford

O-books; £10.99; Paperback; 304pp; ISBN 1-905047-91-6; **February 2007**

O is a symbol of the world, of oneness and unity. O Books explores the many paths of wholeness and spiritual understanding which different traditions have developed down the ages. It aims to bring this knowledge in accessible form, to a general readership, providing practical spirituality to today's seekers.

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Editorial office: O Books, The Bothy, Deershot Lodge, Park Lane, Ropley, Hampshire, SO24 0BE, UK



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Dr Larry Culliford works as a psychiatrist in Sussex. He has written several highly successful self-help books using the pen-name Patrick Whiteside (see: www.happinesssite.com). He was a co-founder of the Royal College of Psychiatrists 'Spirituality and Psychiatry' Special Interest Group (www.rcpsych.ac.uk/spirit). He is a member of the Thomas Merton Society of Great Britain and Ireland (www.thomasmertonsociety.org), the International Thomas Merton Society (www.merton.org) and the Scientific and Medical Network (www.scimednet.org). Larry refers to himself as a 'universalist' Christian. A churchgoing Anglican, he is open to the teachings and practices of many world faith traditions. He has studied with Buddhist teachers and has meditated regularly for over 20 years. Larry often gives lectures and workshops, for example on 'Spiritual Values in Healthcare'.

ENDORSEMENTS

This will become a classic book on spirituality. It is immensely practical and grounded. We can learn from other people's experiences, dip into philosophy and psychiatry and, above all, feed our own 'wisdom mind'. It's a nourishing book that mirrors the author's compassion and lays the foundation for a higher understanding of human suffering and hope.

Reinhard Kowalski Consultant Clinical Psychologist and Registered Psychotherapist, author of *The Only Way Out Is In*.

This is a wonderful book for those who are searching for 'life in all its fullness'. It draws on secular and religious wisdom to speak to men and women who are looking for a spirituality that meets them where they are.

Rt Rev Dominic Walker, Bishop of Monmouth.

Larry Culliford is a born story-teller, and the stories told in this book capture the essence of what it is to be human; to be mentally and physically vulnerable and yet through the pain of adversity, to grow in wisdom and stature. This is a book of practical spirituality and one not to be missed. **Dr Andrew Powell** Founding Chair of the "Spirituality and Psychiatry" Special Interest Group of the Royal College of Psychiatrists, London

Dr. Larry Culliford's book is an unputdownable read. He is a marvellous writer, a born story-teller. His book is saying vitally important things about our need for a deep, spiritual life. In the tradition of Robert Coles' work of marrying psychology and story, this is a wisely "wholeminded" book, and readers will be spiritually refreshed if not transformed.

Robert Waldron Teacher of English Literature and Language at Boston Latin School,
and prize-winning author of books including *"Thomas Merton in Search of His Soul"*

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