

New book shows natural therapists the way to excellence

For immediate release

The Way of the Natural Therapist by Leisa Millar and James Ketub Golding (editors) is a compilation of personal stories to guide natural therapists in their pursuit of excellence

BRISBANE, QLD, October 21, 2010 – *The Way of the Natural Therapist* by Leisa Millar and James Ketub Golding (editors) consolidates inspirational, personal stories from over 20 experienced natural therapists to reveal how to achieve longevity and balance as a therapist. "As a growing number of people turn to natural therapies for their health and wellbeing, natural therapists face many challenges from working in a healthcare system where people want outcomes to be achieved quickly and with minimal personal effort," says Millar and Golding. "The key to wellness lies in ongoing self-responsibility and self-care, and in the modern world therapists themselves need to practise what they preach."

Through this book, Millar and Golding give readers a unique perspective of more than 250 years of collective wisdom from therapists practising a range of modalities including naturopathy, acupuncture, massage, kinesiology, yoga, homeopathy, counselling, reiki and meditation. "The beautiful and touching stories in this book have helped us both immensely, not only in regards to practising as therapists but also in how we wish to live as human beings," they say.

"Quite clearly the contributors advocate that being a natural therapist is primarily about inner growth," states Millar and Golding. "A therapist's state of mind is linked closely to the expansion or stagnation of a natural therapy practice. Whilst a therapist may be tempted to focus on external elements like networking, advertising and marketing particularly during slow periods, having a consistent and structured self-practice helps a therapist to cultivate a balanced inner state when they experience challenges in their outer world," they state.

"Our intention for this book is to help therapists be the best therapist they can be," says Millar and Golding, hoping that through sharing the book as widely as possible they will subtly cultivate an integrated community spirit amongst natural therapists. They say, "By donating ten percent of the book sales to The Gawler Foundation, we want to promote this not-for-profit organisation as a leading example of how therapists can work together to provide a comprehensive and holistic approach to individual and collective wellbeing."

The Way of the Natural Therapist is available for sale online at: www.thewayofthenaturaltherapist.com and selected book stores.

ISBN: 978-0-646-53443-5, October 2010, **RRP Hard Copy \$19.95 AUD, eBook \$11.99 AUD**

About the Editors

Leisa Millar and James Ketub Golding are natural therapists based in Brisbane, Australia. Leisa teaches reiki and meditation, and Ketub is a holistic counsellor and mindfulness therapist. The Way of the Natural Therapist is their first published book.

MEDIA CONTACT

Leisa Millar

Phone: (61+) 0412 344 461

Email: info@thewayofthenaturaltherapist.com

Website: www.thewayofthenaturaltherapist.com

REVIEW COPIES AND INTERVIEWS AVAILABLE

###