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The art of meaningful living

New coffee-table book pairs psychology and art in a guide to achieving fulfillment

HOUSTON – Thousands of self-help books on the market promise the key to happiness through five steps, 10 tips or the power of positive thinking. But for many people today who have become satisfied with mediocrity, these words may speak to their rational mind, but not the soul. Living a meaningful life is an art form, and awakening the true passions that lie dormant within us all requires a more creative approach.

Psychotherapist Christopher F. Brown, LCSW, MBA, and artist John Palmer present *The Art of Meaningful Living* (Synergy Books, 978-0-9821601-7-6, September 2009, \$29.95), a coffee-table book that offers a framework for navigating significant life change through a combination of psychologically-based techniques and provocative abstract artwork.

Brown shares psychological concepts that have worked for both himself and those he has treated in his private practice, while Palmer contributes 75 original pieces of breathtaking art directly inspired by the text. Because meaningful living is both an art and a science, the book acts as a bridge between psychology and art; between the readers' rational and emotional sides.

"Meaningful living is choosing your passions over your fears," Brown says. "It is accepting what you cannot control and focusing on what is in your power. With *The Art of Meaningful Living*, I provide tools that will help readers learn to manage their minds, cope with the world around them, define what is valuable to them and hopefully move toward the lives they truly want. Remember that change is a journey, not a single event."

Living your passions also means being able to move past the grief and pain we inevitably encounter in life. Both authors relied on art to get them through dark times—Palmer began painting when his father died suddenly, and Brown began writing when his mother passed away. They decided to create a guide to help others face life's difficulties head on, and emerge victorious.

"I believe we'll do anything to avoid pain in life," says Palmer. "We run from anything that is going to be uncomfortable. But it's important to push through the painful things, because once you make the decision to change, your life becomes fuller. With *The Art of Meaningful Living*, we provide hope to move past those dark moments."

Brown and Palmer currently reside in Houston. A native Louisianan, Brown has a private psychotherapy practice and is a fellow of the Houston Galveston Psychoanalytic Institute as well as of the Menninger Clinic and Baylor College of Medicine. Palmer has studied art around the world, and his current projects include a new series entitled "Notable Biographies," featuring his collage style. Visit www.theartofmeaningfulliving.com for more information.

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To schedule an interview or to receive a review copy of *The Art of Meaningful Living*, please contact Amy Currie at (512) 478-2028 ext. 211 or acurrie@phenixpublicity.com.