



Synergy: A Cure for All Ills (Volume 3)

Mr Easton Hamilton

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For over 25 years the author has been building a new and original approach to personal development, based on research and clinical practice. This work has been carried out through a private practice network, (Reach) which is UK wide and has a number of overseas initiatives. The philosophy that has emerged from this work has created a way of working that has come to be known as 'The Reach Approach'. This book 'Synergy A Cure For All Ills', pulls together, in one place, the primary principles of this unusual philosophy - bringing together the best of the past and marrying it to the best of the present. Easton Hamilton is a senior registered psychotherapist, clinical hypnotherapist, nutritionist and holistic practitioner. He is the founder and director of The Reach Approach – which offers a holistic model, specializing in health solutions for both mind and body. In this, the final book of his trilogy, he offers the case for why a ‘one-pronged’ approach to human health, mental or physical, is doomed to failure. The premise on which this claim is based is the concept that everything is connected! He argues that if we are treating the human condition, we must meet the needs of the three main aspects, mind, body and spirit and address how these then interface with their environment. What he offers in this unique and fascinating book is a template for how that can be achieved. This book is clear in its methodology, poses some profound questions and offers numerous insights along the way. It will take the reader, whatever their experience, background or training, on a journey they are unlikely to forget. “We are like islands in the sea, separate on the surface but connected in the deep.” William James (1842 – 1910)

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