

New Landmark Publication On Humanistic Psychotherapy Released

After more than a decade of research, clinical work, and writing, a new comprehensive model of humanistic psychotherapy is published.

Bauu Institute and Press, a leading research institute and publisher of books is pleased to announce the publication of [Luminous Life: A New Model of Humanistic Psychotherapy](#). On the occasion Director Peter N. Jones, Ph.D. explained the importance of the publication: “With this book, Dr. Partha Choudhury has presented over a decade of original research, thought, and clinical work aimed at allowing one to incorporate their luminous self into their daily lives.”

Based on the fundamental principal that each individual is a unique, beautiful person that is capable of healing oneself, the book discusses psychological modules for one to maintain – or regain – their healthy and happy life. By adopting a holistic approach to human existence, Dr. Choudhury takes the reader through a series of theoretical discussions and practical self-help exercises.

[Luminous Life](#), unlike previous publications, approaches human existence through investigations of meaning, values, freedom, personal responsibility, human potential, and spirituality, providing the reader a comprehensive and holistic humanistic psychotherapy.

With the release of this landmark publication, Dr. Choudhury has succeeded in contributing a major publication to our understanding of human existence. Furthermore, [Luminous Life](#) helps individuals achieve a healthy mind and body, allowing for everyone to achieve their own luminous life. Information on the book can be found here: <http://www.bauuinstitute.com/Publishing/LuminousLife.html>

[The Bauu Institute and Press](#) is a science and applied research institute. Since 1998 the Institute has conducted a wide range of environmental, psychological, and social science projects.

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