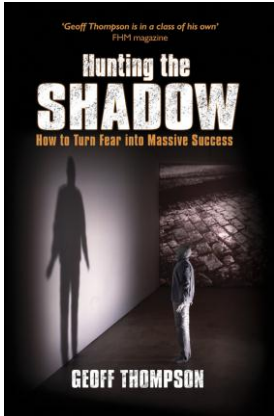


Summersdale Press Release

An inspiring guide to eliminating fear from a man with first hand experience...



Hunting the Shadow

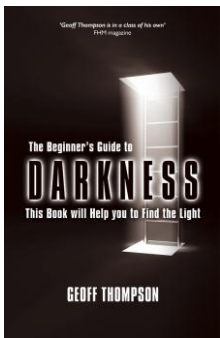
How to Turn Fear into Massive Success

Geoff Thompson

ISBN: 978-1-84024-762-6 Hardback July 2009 £9.99

Having lived in the shadow of self-doubt, riddled with self-loathing, Geoff Thompson knows better than most just how liberating and rewarding it is to break free from fear. Drawing on the poem *Night Traveller* by mystic Rumi, and providing an excellent companion title for his book *The Beginner's Guide to Darkness*, Geoff provides direction on facing fears and ultimately using them to transform your life. Based on in his own extraordinary tough life experiences, Geoff's open and warm approach is a potent and highly efficient motivator.

Writer, teacher and martial arts guru, Geoff took up martial arts to ward off the school bullies. Later, he employed his skills as a nightclub bouncer who was both feared and respected. However, Geoff himself was devoid of self-esteem. Too scared to pursue his dream of becoming a writer, it wasn't until one of his doormen colleagues was killed in a vicious attack that he was able to renounce violence and tread a new path – a path that led him to fulfil his wildest dreams and that completely revolutionised his life. Since that crucial turning point Geoff has endeavoured to pass on his experience and hope to others.



In a companion title, ***The Beginner's Guide to Darkness*** (ISBN 978 1 84024 762 6), Geoff explains how every dark place hides a secret doorway to a light reality. Addiction, envy, jealousy, grudge, greed, illness and ignorance all hold people in a dark and cavernous prison. Information and right action are all that's needed to escape ...

Feature opportunities: feeling trapped in an unfulfilling job, recession-induced worries, crisis of confidence, personal development, rags to (spiritual) riches story, brain retraining.

The author of over 30 books, a stage play and a BAFTA winning film, Geoff's autobiography, Watch My Back, a Sunday Times bestseller, has been adapted into a major motion picture, 'Clubbed'. Written by Geoff, 'Clubbed' was released in January 2009, heralded by BRITISH FILM magazine as 'a new Brit stunner.'

Geoff Thompson is a world-renowned martial arts instructor and motivational speaker. He has a large, loyal following and he conducts workshops and seminars to encourage others to take control of their fears and harness their talents successfully. Geoff lives with his family in Coventry.

Geoff Thompson is available for media interviews, talks and book signings. Review copies of other Geoff Thompson titles are available on request



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