



# Iphelia

## Awakening

### The Gift of Feeling

Written and Illustrated by Erick Kenneth French



Part spectacular graphic novel, part passionate educational exploration, this book supports readers of all ages in examining and appreciating the feeling-dimension of their everyday experience.

*Iphelia: Awakening the Gift of Feeling* is a celebration of the human capacity for empathy, understanding, and creativity. The book's first 100 pages tell the story of a girl born with a special gift of sensitivity as she discovers how art and song help her recognize and express her feelings and more fully understand and connect with her world.

The captivating detail of the graphic novel carries into the book's second section—an inspiring and energetic discourse that includes exercises and techniques for practical application. Topics range from meditating and curating mindful playlists to addressing conflict in relationships and practicing healthy means of releasing anger.

*Iphelia* is a book about waking up and leaning in. It introduces readers to a new understanding of the vocabulary of feelings that fosters greater self-awareness and more honest conversation. It also reunites adults with their childhood capacity to create and express without reservation, enabling them to journey toward deeply personal insights about empathy, integrity, and living fully.

Here's what readers are saying:

*"This terrific book is an essential resource for parents seeking to support their children, both inner and outer."*

– Lori Austein, JD, Duncan, BC, Canada

*"This is an incredible book/experience for people of all ages. Give yourself this amazing gift!"*

– Linda Riley, LMFT, Seattle, WA

*"...I was moved and inspired. If you are a feeling soul, this book is for you. Not only does it help guide children, it provides tools to help one keep moving forward... seeing the beauty of the self."*

– Kibby Johnson, Red Stone Healing, Seattle, WA

*"...now that I've experienced it, I will keep it handy as kind of a reference book to help keep me grounded and connected with my feelings."*

– 1st Amazon Reviewer

## Iphelia

Awakening the Gift of Feeling

Written and illustrated by

Erick Kenneth French

255 pages/183 color illustrations

9 x 6 inches

Softcover, \$22.95 (US/CAN)

Erick Kenneth French is a Licensed Clinical Social Worker and the founder of One Awareness Counseling in Saint Louis, Missouri. He regularly facilitates five-weekend personal transformation retreats that use diverse healing modalities including hypnotherapy, conscious connected breathing, kundalini meditation, and art therapy to address trauma, addiction, depression, anxiety and to cultivate self-awareness, and foster healthy relationships. Erick teaches that self-awareness begins with paying attention to and receiving the messages of feelings, emphasizing that restoring and retaining our capacity for empathy is critical to personal fulfillment and the survival of humanity.

For more information about Erick, visit [www.OneAwareness-Counseling.com](http://www.OneAwareness-Counseling.com)

Tyrian Press is proud to introduce *Iphelia* as its debut title. For more on Tyrian, visit [www.tyrianpress.com](http://www.tyrianpress.com).



For more information, please visit:

[www.Iphelia.com](http://www.Iphelia.com)

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