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## **Michael Angelo Le Houx makes case for leading spiritual life in new book**

*'Far More Than We Think' explains spirituality as solution for challenges of life*

SUNNINGDALE, England – Despite all the trappings of a successful life, author Michael Angelo Le Houx fell into a deep depression and became prone to addiction. After his downfall, Le Houx attained recovery and attributed his success to the spiritual principles he shares in his new book “Far More Than We Think: Making Sense of Spirituality” (published by [Balboa Press](#)).

“We really are far more than we think,” Le Houx says. “Each of us has potential far greater than we may realize.”

In seven sections, Le Houx builds a case – based in science – for spirituality as the solution to the many challenges of everyday, modern living. He shows how the spiritual principles he advocates for apply to his life and how they can apply to readers’ lives, encompassing societal concerns such as health, wealth and relationships, among others.

“Science increasingly supports spiritual wisdom,” Le Houx says. “Spiritual practice need not be prescriptive or restrictive.”

Praise for “Far More Than We Think” from Kirkus Reviews:

“Generally splendid reading and potentially life-changing for readers willing to go beyond the normal.”

“Far More Than We Think”

By Michael Angelo Le Houx

Hardcover | 6 x 9 in | 360 pages | ISBN 9781452584904

Softcover | 6 x 9 in | 360 pages | ISBN 9781452584881

E-Book | 360 pages | ISBN 9781452584898

Available at Amazon and Barnes & Noble

### **About the Author**

Michael Angelo Le Houx lives and works in Sunningdale, England.

**Balboa Press**, a division of Hay House, Inc. – a leading provider in publishing products that specialize in self-help and the mind, body, and spirit genres. Through an alliance with indie book publishing leader Author Solutions, LLC, authors benefit from the leadership of Hay House Publishing and the speed-to-market advantages of the self-publishing model. For more information, visit [balboapress.com](http://balboapress.com). To start publishing your book with Balboa Press, call 877-407-4847 today. For the latest, follow [@balboapress](https://twitter.com/balboapress) on Twitter.

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