



1971 was the year Dina Glouberman went mad. Now, for the first time, she writes with honesty and dark humour about her spell in a psychiatric ward, and the remarkable creative journey that followed. From madness to founding Greek island holiday centres, via marriage, spiritual breakthroughs, love and loss, this story will resonate with everyone. *Into the Woods and Out Again* evokes the essence of a time and place by a woman who dared to make her dreams a reality.

‘This remarkable book, written with candour, humour, and great insight, is a story of hope that will inspire anyone who reads it. I’m going to buy copies for my entire family!’

Jonny Benjamin MBE, mental health campaigner

## EVENTS AND BOOK SIGNINGS WITH DINA GLOUBERMAN

**11th June - 6.30pm**

**Book talk and signing at Conscious Cafe**

The Lib-rary Club, 112 St Martin’s Lane WC2N 4BD

<http://www.consciouscafe.org/event/an-evening-with-dina-glouberman/>

**21st June - 7pm**

**Official book launch and signing with Alternatives**

The Columbia Hotel, 95-99 Lancaster Gate, London, W2 3NS

<https://www.alternatives.org.uk/event/woods-and-out-again>

**30th June - 10–5**

**Annual conference plus book launch with the  
Association of Humanistic Psychology**

<http://ahpb.org/index.php/ahpb-annual-conference-2018/>