



FREE YOUR MIND

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The **BOX**, by Jim Lee, published on
11th October 2018, £6.99

***The BOX contains a ground-breaking
method to transform your problems into a
peaceful acceptance***

- Jim Lee, from the depths of his own despair, has devised an imaginative, logical way out of one's inner turmoil, whatever the issue may be.
- At present 40% of disability worldwide is due to depression and anxiety. The most recent Psychiatric Morbidity Survey indicates that there are some 6 million people in the **UK** suffering from depression or *anxiety disorders*.
- While some may know the trigger to their afflicted mind, others may not have a clue – no matter how small, large or invisible the trigger may be, the suffering can be as immense.
- The **BOX** presents a powerful strategy for tackling these persistent problems that perhaps cannot even be identified and certainly cannot be fixed in one attempt.

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INTRODUCING THE BOX METHOD

The author of *The Box* Jim Lee, became a part of the 40% demographic when circumstance thrust him into a state of despair that he thought he would never recover from. Lee is not a therapist, or a philosopher. In fact, he's a film director and photographer – one of the most distinguished in his field. He deals with images, not words. It was when something happened in Jim's life that seemed impossible to bear, to trap him in heartache and suffering wherever he turned, that the image came to him of *The BOX*.

"Eventually I found a certain need for clarity came to me. I needed to simplify my thinking, control my emotions and get a grip - albeit slowly: there was far too much to process here in one bite. Logic seemed an almost tangible commodity - but how on earth was I going to look at things in a logical way?

Jim Lee, the Box

Jim found what he needed in *The Box*. That was some thirty years ago, but he has used the method ever since, bringing him peace and clarity. Now he wants to share his experience with others, by creating one of the smallest and most inspiring self-help book ever published. It even looks like an enchanting little

box. And just as *The BOX* helped Jim to keep a lid on his troubles until he felt strong enough to deal with them, so it can help people all over the world.

Under a 30-minute read and small enough to slip in one's pocket, simple to follow and yet profoundly sensible and compassionate, it offers a space to put the things in life that seem just too difficult and works as a guide through any problem, no matter how big or how small.

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About The Author

It is a miracle that Jim Lee is alive, having survived three cardiac arrests and a host of other near-death experiences, in addition to unimaginable heartbreak. But he is a survivor.

Jim Lee was born to Harry Illtyd Lee, a senior member of MI5 for more than 30 years and his mother is directly descended from Jane Seymour, and Lee has at least 18 Knights of the Garter in his family line. Despite his background, Lee utterly failed his father's expectations of an Eton–Cambridge–Secret Service trajectory to MI5, known as 'The Office'. Instead he emigrated to Australia through an initiative called 'The Big Brother Movement', an under-age version of the 'Ten Pound Pom' scheme. It was in Australia, while living a Bohemian lifestyle, that Lee learned photography and when he returned to London began his trade as a fashion photographer. He created the "Jim Lee look" – a curtain of poker-straight brown hair pushed to one side, a gold front tooth and the core wardrobe of black designer wear and with that he entered the swinging sixties. During this time and through to the seventies Lee lived life in the fast lane, working on the most prestigious magazines, collaborating closely with Vogue editor-in-chief Anna Wintour in London and New York on fashion and advertising shoots. He switched to film directing in the late seventies, creating hundreds of television commercials as well as working on several full-length feature films. Like his image, his art had a distinct, unforgettable look. A Jim Lee 'picture' will be both Romantic and energetic. It will have a story ('narrative'), a densely plotted composition – often involving a big 'cast' – with

the implication of a 'back-story' and something to come, much like his life. The setting will be exotic, elegant and often old.

His earlier photographs form part of a permanent collection at the V&A, with additional photographs in the archives of the Multimedia Art Museum, Moscow. A book of his life's work, *Jim Lee / Arrested*, was launched in 2012 alongside a critically acclaimed exhibition of photographs at Somerset House. Lee's work is regularly exhibited at galleries around the world. In September 2015, Lee's autobiographical book LIFE IN B&W was released by Quartet.

Somewhere in between building his artistic empires, he married twice and had a son by the first marriage and four more children from the second.

His latest project *The BOX* is born from what life thrust at Jim when in his prime and it's his vision as an artist and colourful life experience that now enables him to share his journey and wisdom with the world.

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