

HARD CUDDLES

Title: Hard Cuddles – A brutally honest autobiography documenting James' battle with sex, drug and alcohol addiction.

Name: James "the hammer" Harding

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James' knowledge and understanding of addiction/mental health began during his five years involved with organized crime on the streets of Melbourne as a young man in the early 2000's. He began to study the different personality types that were engulfed by addiction in a bid to understand himself, what James observed was underneath addiction of any kind were repeating patterns of self-sabotage relating to unresolved emotional trauma.
After years of personal rehabilitation and sifting through all the different styles of therapy available, James developed his own style of healing that he now uses to work with males in various socio-economic genres. Currently James is conducting an ongoing rehabilitation case study at a corrections facility with 10 prison inmates, aiming to reduce the rate of recidivism and promote the idea that all healing begins with the individual.
Using a combination of Eastern/Western philosophy James has achieved success with an unconventional style that allows males the opportunity to love their emotional vulnerability and understand the reasons behind re-active energy.

Biography

James has completed a Diploma of Counselling at Chisholm TAFE. He is the founder of Hard Cuddles, a program that sees males easily access a combination of strength based, person centered, role playing, motivational interviewing and outdoor therapy. James has had his autobiography published Hard Cuddles detailing his journey with addiction and re-active behavioral patterns. He now speaks publicly using his story to help other human beings.

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