

Personal Mythology



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出版者:Energy Psychology Press

出版时间:2008-07-08

装帧:Paperback

isbn:9781604150360

Each and every one of us grapples with our own highly personal mythology-the psychic force that allows us to weave the fragments of our experience into coherent story. These mythologies shape our every thought, perception, and action, helping us to feel safe and secure in our identities. But when our personal mythologies do not grow and change along with us, we find ourselves stuck in self-defeating life patterns. In *Personal Mythology*, David Feinstein, Ph.D., and Stanley Krippner, Ph.D., hailed by Jean Houston as "masters of the geography of the inscapes," provide a series of detailed exercises developed over a combined 80 years of clinical practice, personal development workshops, and teaching on psychological topics. Using ritual, dreams, and imagination to liberate you from the mythologies of your childhood and culture, the 12-week course will ignite the mystery of a transformed inner life into authentic outer expression. This third edition of a life-changing classic has been revised to include a new Support Guide combining their ground-breaking model for incorporating Energy Psychology into the process of personal transformation.

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