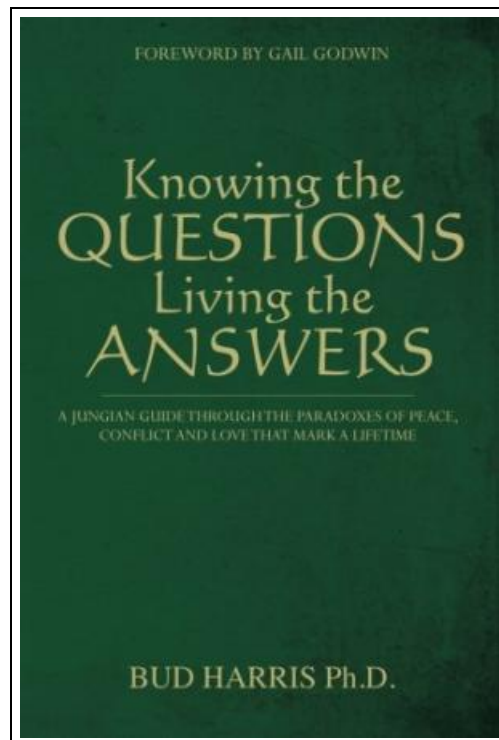


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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 210 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. We live in an era of pop psychology, where self-help books offer five easy steps to fixing your life, and television personalities like Dr. Phil solve marital problems in fifteen minute segments. It is refreshing to encounter work that challenges us to forego instant gratification, and instead take a long view of the work we each need to do to understand ourselves and our problems. Dr. Bud Harris, a Jungian analyst with several decades of clinical therapeutic experience, examines these essential topics in a thoughtful presentation of the psychological challenges we face over a life span. The ideas are complex, and the tone of the work is sober and scholarly. Fortunately, Harris writes beautifully, with simple, lucid prose. He elucidates how reflection and insight into the root causes of our behavior and attitudes can help us take psychological responsibility for our previous unconscious actions, and ultimately weave the experiences of our life and our fate. . . into the patterns of our destiny and begin to comprehend what life wants of us. He hastens to add that this effort has minimal support and value in a society focused on extroversion, identity, and productivity. But he effectively argues the case for such soul-searching, and suggests that the effort is rewarded in a far richer, happier life. Using Carl Jung's seminal concepts, Harris describes the developmental stages of our lives, including struggles with identity as we move into adulthood, midlife conflicts, and late-life efforts towards emotional maturity. He uses his own conversations with therapy clients to illustrate how some of these issues can play out, and details how clients' dreams can be remarkably useful in illuminating unconscious messages. In one...

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