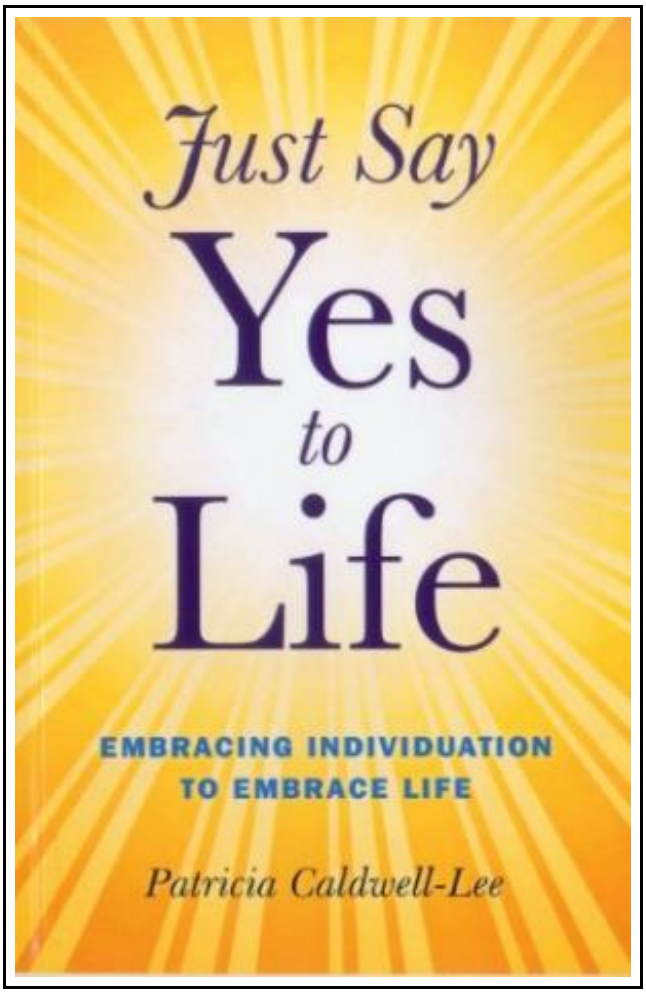
Just Say Yes to Life: Embracing Individuation to Embrace Life



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John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Just Say Yes to Life: Embracing Individuation to Embrace Life, Trisha Caldwell, This book takes Carl Jung's fascinating concept of individuation and brings it right up to date with a modern twist. It reveals the relevance and importance it has in our lives today and gives us an understanding that our lives have a divine significance. Essentially, it is a major adult psychological process which occurs thoughout adult life and as we allow ourselves to individuate we attract change and growth. The book clarifies the many ways in which individuation makes its prescence known in our lives. For example why do so many of us begin to question our lives when 'everything appears to be just right?', yet there is an inner lack of fulfilment. It identifies indicators such as synchronistic occurrences, the relevance of the 7 year cycle and explores what happens if we suppress individuation. Illustrated by compelling and amazing examples of those in the public eye who are individuating successfully, this book is also supplemented by visuals and insightful questionnaires to encapsulate the reader. If we are to fulfil our human potential we must individuate!.

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