



Knowing the Questions, Living the Answers: A Jungian Guide Through the Paradoxes of Peace, Conflict and Love That Mark a Lifetime

By Bud Harris Ph. D.

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...



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