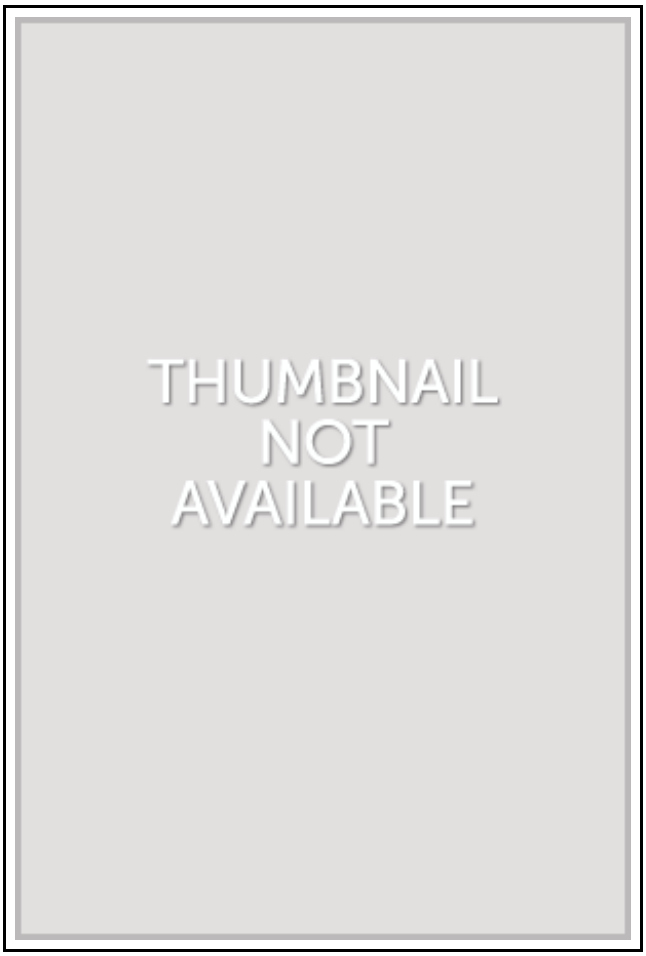
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John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, The Gods within: An Interactive Guide to Archetypal Therapy, Peter Lemesurier, Psychologists have long realized that the ancient Greeks had deep insights into the human psyche which, whether they realized it or not, they expressed through their mythology. Peter Lemesurier's new book offers a way of using these insights directly as a startling new method of self-healing and self-realization. In the full tradition of Joseph Campbell, James Hillman and Karl Kerenyi, it applies the dynamics of the Greek myths to quite overwhelming effect - as many who have used the approach report. Basically, the system is homeopathic, in that it encourages co-operation with each currently controlling god in turn (once identified via a simple diagnostic test) thus allowing that god to "move on". By the same token, therefore, it gives readers full permission - perhaps for the first time in their lives - to be who they really are, removing all the stultifying effects of chronic guilt about themselves. But first, discover your god.

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