



## Cracking Open: A Memoir of Struggling, Passages, and Transformations (Paperback)

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By PH D Bud Harris

Daphne Publications, United States, 2015. Paperback. Book Condition: New. 218 x 147 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.An Engaging Book.Thoughtful, Searching, and Surprisingly Personal Dr. Harris is a Jungian analyst, author, and life teacher dedicated to the passionate pursuit of self-exploration and the art of living a well-lived life. By being willing to share his own very personal journaling, he shows us the importance of reflecting about our lives in an ongoing way.and even the importance of revisiting these reflections. Through his re-membling and storytelling, he brings to light the interface between dramatic periods of transformation in his own life and reveals how past history is always penetrating the present. During these reflections, it becomes clear how deeply he is wrestling like Jacob with the angel, as he attempts to grasp the creative patterns of life that are trying to be lived through him. Dr. Harris tells about his surprise when his journaling takes on a life of its own, and shifts like scenes in a dream - a dream created by his greater Self. Like any serious quest, his story has a haunting history with terrors and resistances along the way. He recounts...



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