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Titolo	My Self, My Many Selves // by Joseph Redfearn
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	COVER; Contents; Foreword; Preface; Introduction; Chapter One Ego and self: terminology; Chapter Two The Jungian Self; Chapter Three God and myself, God as myself; Chapter Four The omnipotent "I" and the realistic "I"; Chapter Five The body, the body-image and the self; Chapter Six Are our "minds" in our heads? The location of the feeling of "I"; Chapter Seven The sub -personalities: archetypes and complexes; Chapter Eight The winning of conscious choice: the emergence of symbolic activity; Chapter Nine Boundaries and mandalas; Chapter Ten Conclusion; References; Index
Sommario/riassunto	'The concept of the "self" has remained puzzling and controversial. Indeed, far from gaining clarity, it seems to become ever more complex; for many different people, starting from different premises and having different goals have come to "appropriate" this term. The author has made what seems to me to be a most valuable contribution

by sticking firmly to an experiential approach. The author has thought hard and deeply about the different ways in which we experience the "I" and drawn on his own "I" experience as well as on those of his patients and Jung himself. The author tells us in his introduction that the main aim of his book is to illustrate the migratory nature of the feeling of "I" and that the goal of analysis is to "facilitate and open up interaction and intercommunication between our various selves".

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