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Autore	Milner Marion Blackett
Titolo	A life of one's own // Marion Milner (Joanna Field) ; new introduction by Rachel Bowlby
Pubbl/distr/stampa	London : , : Routledge, , 2011
ISBN	1-283-10322-2 9786613103222 1-136-72745-0 0-203-81719-2
Descrizione fisica	1 online resource (225 p.)
Altri autori (Persone)	BowlbyRachel <1957->
Disciplina	158.1
Soggetti	Happiness Success Introspection Thought and thinking Diaries - Therapeutic use Electronic books.
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Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"First published 1934 by Chatto & Windus under the name of Joanna Field."
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	A Life of One's Own; Copyright; Acknowledgements; Contents; Prefatory Note to the 1952 edition; Introduction Rachel Bowlby; Preface; 1 First questions; 2 Keeping a diary; 3 Exploring the hinterland; 4 The coming and going of delight; 5 Searching for a purpose; 6 Searching for a rule; 7 Two ways of looking; 8 Discovering that thought can be blind; 9 Watching the antics of blind thinking; 10 The escape from blind thinking; 11 Fear of a dragon; 12 More outcasts of thought; 13 Relaxing; 14 Cart-horse or Pegasus?; 15 Discovery of the 'other'; 16 Retrospect; Epilogue; Afterword
Sommario/riassunto	How often do we ask ourselves, 'What will make me happy? What do I really want from life?' In A Life of One's Own Marion Milner explores these questions and embarks on a seven year personal journey to discover what it is that makes her happy. On its first publication, W. H. Auden found the book 'as exciting as a detective story' and, as Milner

searches out clues, the reader quickly becomes involved in the chase. Using her own personal diaries, kept over many years, she analyses moments of everyday life and discovers ways of being, of looking, of moving, that bring surprising
