



Dreambody: The Body's Role In Revealing the Self

Arnold Mindell

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Introducing the concept of meaningful connections between nighttime dreams, myths, and body experiences, this work traces attitudes toward the body in Eastern and Western thought and illustrates the connections between body experiences and universal patterns evident in philosophical systems, fairy tales, and myths. This newly revised second edition contains a new foreward, which locates the original dreambody concept within later developments in process work, including work with relationships, addictions, coma, movement, and worldwork, and theoretical links to modern physics.



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