



Psychosynthesis Made Easy: A Psychospiritual Psychology for Today

Stephanie Sorrell

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Dr Roberto Assagioli's innovative work, which began in 1910, went beyond his contemporaries, Freud, Jung and Reich, to embrace wholeness on all levels. Because of this, psychosynthesis has become known as 'the psychology of the soul.' This psychospiritual psychology aims to uncover the layers of complexity which render the personal will powerless. Through a process of bringing awareness to unconscious processes in the psyche, each masquerading as 'sub personalities' the self can achieve integration and synthesis between the personality and the Self (spirit).

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